

ANGER-OUR FRIEND OUR FOE

OBJECTIVE: To get the child to understand his or her personal relationship with anger, and provide insight into the positive and negative uses of anger.

SKILL: Learning to respond effectively to feeling angry



- Video
- Exercise Sheets
- Counsellor Interaction

CORE LEARNING

Anger as a useful emotion

What is Anger

Anger is an emotion every living creation experiences. Did you know that even squirrels get angry? Anger is believed to be one of eight basic emotions. Anger is the feeling we have when we believe something or someone is trying to **hurt us**. It acts as a signal that the person or thing may be dangerous and it warns us to protect ourselves, just in case.

Though many people believe anger is a negative emotion, this is very false. Anger is very valuable and it can be very useful in many situations. Here is an analogy to describe the importance of anger. Imagine that you are in a boat alone on the lake and a big storm kicks up. You begin to fear for your life, and your brain tells your body to do one of three things: **FREEZE, FLIGHT or FIGHT**. You know that if you **FLIGHT** (i.e. jump over the edge), the waves will suck you up, and there likely will not be any mermaids to save you. If you **FREEZE**, you will just stay there in one spot, and you could be in more danger, and not get home. However, if you **FIGHT** those waves with your paddles and row hard to shore, you will get inside your warm house, safe and sound. The fight response helped you! Thanks to anger, you are safe. . . and hopefully drying off. This is called our **Fight or Flight response**. Anger can be good, especially when we need it and especially when we are in danger.

Anger is what saves you when something or someone is trying to hurt you. There are many situations in our lives that mimic the feelings in this boat story such as:

- A team is being picked and you are left out
- Your parents blame for you for something you didn't do
- Someone calls you a name and embarrasses you in front of a crowd
- Your friend or so you thought ignores you and makes you feel like you don't matter



Let us call these “boat situations” because they trigger our fight or flight response to react to someone who we believe has hurt us. It is very natural to react to someone who has hurt you first, but there are effective ways of dealing with these type of people problems.

We do not have to be ashamed of feeling anger. Everyone gets angry. However, what matters is what we do with our anger. We can use our anger to hurt people and have them hurt us back, keeping the anger cycle going, or we can do something else that stops the cycle. This is where CHOICE is important. Our anger gives us very important information about our relationships and we get to decide what to do based on that information. KEEP THESE 3 THINGS IN MIND!

- Anger is a feeling
- Anger tells us there is a problem
- Anger wants you to do something.

Discussion: Anger Figures in Movies/ TV

What do you think about the following characters?

- Incredible Hulk
- Squidward from SpongeBob



Here are a list of words to describe Anger

Mad	It's not fair	Bugged	Rage	Explode	Mean
Upset	No	Displeased	Crabby	Annoyed	steamed
Vexed	Miffed	Bothered	Cranky	furious	grouchy

1. Which word do you use to describe your anger?
2. Which words do your parents use to describe their anger?
3. Which words do your friends use to describe their anger?

What are some Anger styles?

Outside Anger- People who have outside anger often lose control of the goodness inside of them; typically, they want to hurt people with their hands or words. They do not care how loud or mean or destructive they become. People are often afraid of them because they are unpredictable. Outside Anger people do things like slam doors, break things, yell, scream, stomp, push, shove and anything that seems out of control.

Inside Anger- People who use inside anger are afraid to express that they are angry so they pretend to be happy when they are not. They follow along with people even when they don't want to, and they hide their angry feelings inside. After a while, that anger starts to make them feel bad on the inside and they can get sick. Most people who have inside anger are called "doormats" because they let people walk all over them. They never defend themselves and they never speak up. They simply do NOTHING when they are angry and that is a problem. You can never tell they are angry, and it might not be easy to be friends with them.

Backdoor Anger- People who use backdoor anger are very sneaky with their anger. They will not tell you to your face that they are angry, but all the while they are planning how to get back at you. When they feel cheated they want revenge and will find creative ways to hurt you back. Most people feel controlled by backdoor anger people and they hate it. Backdoor anger people will do things like talk, walk or move really slowly to try to get on your nerves, make promises and break them, stop talking to you, try to make you feel

jealous, or make you feel like you do not matter. They are always finding ways to frustrate you.

How do we know if our Anger is a problem?

- You feel angry too often
- You feel angry and you do bad things
- You feel angry for too long
- You lose friends because they don't like your anger

INSIDE STORY

Lorraine and Michelle are best friends. In fact, they do everything together. One day a student in the school got hold of an old picture of Lorraine and started laughing at it. Michelle did not want to seem like a party pooper and started to poke fun at Lorraine as well. Right at that moment, Lorraine walked in on the scene, and threw a fit. She started hitting the girl and threw her to the floor. She looked at Michelle in the face and called her the meanest names in the whole wide world. Then she stomped off and turned off her phone for three days. While Michelle felt very bad about what happened, she did not expect Lorraine to get so angry and call her such nasty names.

Discuss the following (remember there are no right or wrong answers):

- 1) Did Lorraine have a right to get angry?
- 2) Was Lorraine right to fight the girl?
- 3) What are some other ways Lorraine could have handled the situation?
- 4) What do you think Michelle should do now?

Nails In The Fence

Author Unknown

There once was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence.

The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can cut someone really deeply. It won't matter how many times you say I'm sorry, the wound is still there."

The little boy then understood how powerful his words were. He looked up at his father and said "I hope you can forgive me father for the holes I put in you."

"Of course I can," said the father

Suggested Video Sources

www.everydayspeech.com

www.You tube.com