

Anger Management Groups (5-13)

WEEK 1

Begin the session with discussing the rules and topics that will be covered in the session. Then introduce yourself and ask each participant to introduce themselves and one thing that they hope to gain from today's session.

Begin with a game. Some ideas could include:

The Time Machine

Ask the following question, to one participant at a time: "If you were able to travel through time, either forward or backward... :

Where would you go?

If backward, to which time period? Why?

If there was a person you could go back in time and meet, who would it be, and why?

Would you just want to visit and come back, or would you stay?

Funny Ice Breaker Questions

If you're looking to be a little lighthearted, questions that are funny are the way to go to get a laugh out of everyone. Some of the best include:

- If you were a vegetable, what kind would you be?
- What's the funniest thing that's ever happened to you?
- If you were going to perform in the circus, what would you do?
- What's the funniest thing you did as a kid that your family still talks about?

Simon Says

This game is a classic from your childhood that still can be used today: **Simon Says**. Although it might seem silly at first, games like this get people moving and ready for further ice breakers.

For those that don't know, **Simon Says** works like this. One person leads the group of people into following their movements, but only if they preface the movement with, "Simon says". As the movements become faster, people forget to follow along only if they hear that phrase and become "out". The last one standing is the winner. You'll break down barriers team members, and get you more comfortable to talk with each other.

For younger children:

Also, I like using this guide created by mister Rodgers for dealing with preschool kids (age 3-5). I know our youngest group is on the edge of the age group, but I find them to be helpful in directing my language when working with kids under age 5

"State the idea you wish to express as clearly as possible, and in terms of preschoolers can understand." Example: *It is dangerous to play in the street.*

"Rephrase in a positive manner," as in *It is good to play where it is safe.*

"Rephrase the idea, bearing in mind that preschoolers cannot yet make subtle distinctions and need to be redirected to authorities they trust." As in, "Ask your parents where it is safe to play."

"Rephrase your idea to eliminate all elements that could be considered prescriptive, directive, or instructive." In the example, that'd mean getting rid of "ask": *Your parents will tell you where it is safe to play.*

"Rephrase any element that suggests certainty." That'd be "will": *Your parents can tell you where it is safe to play.*

"Rephrase your idea to eliminate any element that may not apply to all children." Not all children know their parents, so: *Your favourite grown-ups can tell you where it is safe to play.*

"Add a simple motivational idea that gives preschoolers a reason to follow your advice." Perhaps: *Your favourite grown-ups can tell you where it is safe to play. It is good to listen to them.*

"Rephrase your new statement, repeating the first step." "Good" represents a value judgment, so: *Your favourite grown-ups can tell you where it is safe to play. It is essential to try to listen to them.*

"Rephrase your idea a final time, relating it to some phase of development a preschooler can understand." Maybe: *Your favourite grown-ups can tell you where it is safe to play. It is essential to try to listen to them, and listening is an integral part of growing.*

About Me Worksheet- Participants are asked to fill out the information about themselves of paper or worksheet and then discuss it as a group.

True and false questions about anger- There are some questions to ask the group, and everyone can reflect and discuss as a group.

What is Anger Worksheet: Complete and discuss as a group.

When is Anger is Problem Assessment- Can be completed and discuss as a group.

Closing the Session: End the group with positive words and one coping strategy to add to their toolbox (e.g. breathing) Each week, you can introduce (1) plan that they can implement each day for the week.

WEEK 2

Begin the session with a 5-minute workout video. Some videos can include:

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.youtube.com/playlist?list=PL8snGkhBF7njOOQvtE97AJFL3xZYQSGh5>

<https://www.youtube.com/playlist?list=PL8snGkhBF7nj-MMdHQpoclHmbNgpbfk7q>

Review Anger Management Slides that cover the following topics :

- ⇒ Definition of Anger
- ⇒ Anger buttons
- ⇒ Anger and our bodies

Complete Anger in Our Bodies Workeet- Participants can then share their thoughts.

Note : There are questions that are in the slides that the group can answer and discuss.

BREAK : Group can take a 10 minute break to stretch use the restroom and participate in an online workout video that can be found on Youtube.

Seeing Red Book (I Get Angry When) page 32- complete as a group.

View video with questions from **Everyday Speech** called, **Using Deep Breaths to Calm Down.**

<https://slp.everydayspeech.com/>

Login: info@positivekids.ca

Password: Positivekids1*

Closing the Session: End the group with positive thought e.g. « I will not let my anger control me, » and one coping strategy to add to their toolbox (e.g. counting to ten) Each week, you can introduce (1) plan that they can implement each day for the week.

WEEK 3

Begin the session with a 5-minute workout video. Some videos can include:

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.youtube.com/playlist?list=PL8snGkhBF7njOOQvtE97AJFL3xZYQSGh5>

<https://www.youtube.com/playlist?list=PL8snGkhBF7nj-MMdHQpoclHmbNgpbfk7q>

Ask participants to discuss any events that triggered their anger. You can review the following :

- ⇒ Anger Buttons(triggers)
- ⇒ How they felt in their bodies and thoughts they had
- ⇒ Ask if they used any coping strategy

Continue with the Anger Management Slide show. Review and cover the following topics :

- ⇒ Good ways and poor ways to cope with anger. You can introduce Stop and Think and Remove yourself from the situation. Discuss as a group and give examples of when and how to use these two strategies when encountering anger or symptoms of anger (e.g. sweaty palms, heavy chest, etc.)

BREAK: Group can take a 10-minute break to stretch, use the restroom and participate in an online workout video that can be found on YouTube.

View video with questions from **Everyday Speech** called, **Copying Inappropriate Behaviour**.

<https://slp.everydayspeech.com/>

Login: info@positivekids.ca

Password: Positivekids1*

After the video, there is a worksheet with questions on the website to engage participants in reflecting on what they have learned and have a group discussion.

Howard B Wiggle bottom and Anger Management Video

<https://www.youtube.com/watch?v=2lqVJHVkTLE&list=UUGFdvs9sDKQYXVbzTZKOMKQ&index=66>

Review and discuss main points from video.

Seeing Red Book (Trash it or Recycle it) page 25- complete as a group.

Closing the Session: End the group with a positive thought, e.g. « I can control my anger, »and one coping strategy to add to their toolbox (e.g. Running on the spot) Each week, you can introduce (1) plan that they can implement each day for the week.

WEEK 4

Begin the session with a 5-minute workout video. Some videos can include:

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.youtube.com/playlist?list=PL8snGkhBF7njOOQvtE97AJFL3xZYQSGh5>

<https://www.youtube.com/playlist?list=PL8snGkhBF7nj-MMdHQpoclHmbNgpbfK7q>

Continue with the Anger Management Slide show. Review and cover the following topics:

- ⇒ Introduce “I-Feel” statements+ worksheet and discuss as a group + Types of communication worksheet(discuss)
- ⇒ Good ways to cope with questions
- ⇒ Poor ways to cope with questions
- ⇒ Discuss 3 scenarios, along with questions

BREAK: Group can take a 10-minute break to stretch, use the restroom and participate in an online workout video that can be found on YouTube.

Anger Thermometer and Worksheet Activity

<https://www.youtube.com/watch?v=odgz9gCqsOY&t=11s>

View video with questions from **Everyday Speech** called, **Copying Inappropriate Behaviour**.

<https://slp.everydayspeech.com/>

Login: info@positivekids.ca

Password: Positivekids1*

After the video, there is a worksheet with questions on the website to engage participants in reflecting on what they have learned and have a group discussion.

Howard B Wiggle bottom and Be a Good Team Player

<https://www.youtube.com/watch?v=gvx7V1rpAgM>

Review and discuss main points from video.

Closing the Session: End the group with a positive thought, e.g. “I will treat others with respect” and one coping strategy to add to their toolbox (e.g. imagining a calming place) Each week, you can introduce (1) plan that they can implement each day for the week.

WEEK 5

Begin the session with a 5-minute workout video. Some videos can include:

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.youtube.com/playlist?list=PL8snGkhBF7njOOQvtE97AJFL3xZYQSGh5>

<https://www.youtube.com/playlist?list=PL8snGkhBF7nj-MMdHQpoclHmbNgpbfk7q>

BREAK: Group can take a 10-minute break to stretch, use the restroom and participate in an online workout video that can be found on YouTube.

View video with questions from **Everyday Speech** called, **Not Getting Your Way**.

<https://slp.everydayspeech.com/>

Login: info@positivekids.ca

Password: Positivekids1*

After the video, there is a worksheet with questions on the website to engage participants in reflecting on what they have learned and have a group discussion.

Discuss topic on **Consequences for our actions**. Use worksheet scenarios **Positive and Negative Consequences + Think ahead positive and negative worksheet**. Discuss and reflect.

Video: Telling the truth

<https://www.youtube.com/watch?v=r4c8N-mFmKM>

Seeing Red Book (Consequence Scenarios) page 58 -59- complete as a group.

Discuss “Positive thoughts” and complete **Helpful Thoughts** worksheet. Discuss and Reflect.

Closing the Session: End the group with a positive thought, e.g. « I can control my anger, »and one coping strategy to add to their toolbox (e.g. drawing out our feelings) Each week, you can introduce (1) plan that they can implement each day for the week.

WEEK 6

Begin the session with a 5-minute workout video. Some videos can include:

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.youtube.com/playlist?list=PL8snGkhBF7njOOQvtE97AJFL3xZYQSGh5>

<https://www.youtube.com/playlist?list=PL8snGkhBF7nj-MMdHQpoclHmbNgpbfK7q>

View video with questions from **Everyday Speech** called, **Active Listening and Standing Up to Bullying**

<https://slp.everydayspeech.com/>

Login: info@positivekids.ca

Password: Positivekids1*

After the video, there is a worksheet with questions on the website to engage participants in reflecting on what they have learned and have a group discussion.

Seeing Red- Discuss Bully, Bullied and Bystander pages (61-65) Review and Discuss as a group.

BREAK: Group can take a 10-minute break to stretch, use the restroom and participate in an online workout video that can be found on YouTube.

Bullying Scenes Review – Participants can pair up or get in to groups of three and make up their own scenario and present to the rest of the participants.

There are also scenarios in the workbook called **Bullying Scenes Review** as a sample for the participants to review and reflect.

EXTRA: Bullying Strategies Role Play Cards

Closing the Session: End the group with a positive thought, e.g. « I can control my anger, »and one coping strategy to add to their toolbox (e.g. Running on the spot) Each week, you can introduce (1) plan that they can implement each day for the week.

WEEK 7

Begin the session with a 5-minute workout video. Some videos can include:

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.youtube.com/playlist?list=PL8snGkhBF7njOOQvtE97AJFL3xZYQSGh5>

<https://www.youtube.com/playlist?list=PL8snGkhBF7nj-MMdHQpoclHmbNgpbfK7q>

View video with questions from **Everyday Speech** called **Behaviour and Emotion ID and Think it or say it?**

<https://slp.everydayspeech.com/>

Login: info@positivekids.ca

Password: Positivekids1*

After the video, there is a worksheet with questions on the website to engage participants in reflecting on what they have learned and have a group discussion.

Complete **Think Before You Say It Worksheet**. Discuss and reflect with participants.

BREAK: Group can take a 10-minute break to stretch, use the restroom and participate in an online workout video that can be found on YouTube.

Start with Emotion Regulation Worksheet- Engage participants in a mindfulness exercise to release tension

Discuss **fact versus assumption + worksheet-** Reflect on how this can make us angry and ways we can cope with rationalizing our assumptions.

Jeopardy Game for Anger <https://jeopardylabs.com/play/anger-for-kids>
Participants can explore the various scenarios on the topic of anger.

Closing the Session: End the group with a positive thought, e.g. « I will respect those around me »and one coping strategy to add to their toolbox (e.g. go for a mindful walk) Each week, you can introduce (1) plan that they can implement each day for the week.

WEEK 8

Begin the session with a 5-minute workout video. Some videos can include:

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.youtube.com/playlist?list=PL8snGkhBF7njOOQvtE97AJFL3xZYQSGh5>

<https://www.youtube.com/playlist?list=PL8snGkhBF7nj-MMdHQpoclHmbNgpbfk7q>

BREAK: Group can take a 10-minute break to stretch, use the restroom and participate in an online workout video that can be found on YouTube.

Introduce the topic of **Forgiveness**

https://www.youtube.com/watch?v=q-Y_Vk2uOZw

Discuss and reflect on situations that resonate with the participants + complete an activity on forgiveness and the importance of it concerning anger.

Some ideas :

- ⇒ Draw a heart and write or draw who you forgive.
- ⇒ Write a forgiveness letter.

BREAK: Group can take a 10-minute break to stretch, use the restroom and participate in an online workout video that can be found on YouTube.

View video with questions from **Everyday Speech** called, **Two-Sides Think about others**

<https://slp.everydayspeech.com/>

Login: info@positivekids.ca

Password: Positivekids1*

After the video, there is a worksheet with questions on the website to engage participants in reflecting on what they have learned and have a group discussion.

I Can Show Kindness Worksheet- Discuss with group and complete an activity about showing kindness.

Activity: Ask participants to draw or write as many ways as they can think of to show kindness to our friends, family and people in the community

Jeopardy Game for Anger <https://jeopardylabs.com/play/anger-for-kids>
Participants can explore the various scenarios on the topic of anger.

Closing the Session: End the group with a positive thought, e.g. « I can control my anger, »and one coping strategy to add to their toolbox (e.g. Running on the spot) Each week, you can introduce (1) plan that they can implement each day for the week.

WEEK 9

Begin the session with a 5-minute workout video. Some videos can include:

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.youtube.com/playlist?list=PL8snGkhBF7njOOQvtE97AJFL3xZYQSGh5>

<https://www.youtube.com/playlist?list=PL8snGkhBF7nj-MMdHQpoclHmbNgpbfk7q>

Seeing Red Book: Have participants complete the Final Evaluation on pages 115-116. Reflect and discuss participants responses.

Complete activity **Helping Hand** on page 117 and discuss with the group.

Suggestions for activities:

- ⇒ **Positive Affirmation Tree:** participants can draw a tree and write positive affirmation on the branches or leaves. **Examples are on page 119-120 in Seeing Red Book**
- ⇒ **Things I have Changed and Want to Change:** Participants can draw or write down changes they want to make in relation to dealing with their anger e.g. “I would like to stop swearing at my brother.” After participants share their thoughts, the group can suggest coping strategies and techniques that can be used to make the goal attainable.

BREAK: Group can take a 10-minute break to stretch, use the restroom and participate in an online workout video that can be found on YouTube.

Wrap up all the content and topics introduced during the 8-weeks and review.

Closing the Session: Open to the group for discussion, requested games/ activities related to any themes related to anger.