

## **Subject: ANGER MANAGEMENT**

Anger is an emotion that we all feel at times. This can be for so many different reasons to do with our experiences, relationships with others, incidents, injustices, reactions to others etc. Anger can also be a physically and emotionally draining emotion that causes us to repeat the same patterns when faced with certain situations.

It can sometimes be the only way we feel we know how to respond, react or express ourselves in specific situations and as a result we feel that we are trapped and absorbed in negativity. Anger can be an impulsive emotion that comes out during a conflict or disagreement or to many people it can be the only way they know how to deal with a situation. The anger can just come over us and then one thing escalates to another, there is no level of rationality or limitation and before you know it we have lashed out at another person or harmed ourselves and potentially created a situation that we live to regret and one that has very harmful and potentially life changing consequences.

In order to manage our anger and develop better coping mechanisms to deal with conflict and other situations it is important to look at our behaviour and reactions in different situations and the reasons or patterns of our behaviour in order to understand ourselves better and make changes.

## **TASK**

As a group we will be reflecting on familiar situations that may cause us to feel angry and react aggressively or negatively to situations and people. We will look at the way we respond to daily challenges and look at the patterns and the predictability of our actions and responses.

Through the role play exercise we will try to learn new, positive and calm ways of dealing with situations. We have learned behaviour which triggers learned responses and this exercise will enable us as a group to reflect on our own experiences and look at ways of changing, learning new actions and rehearsing new routines.

As a group we will decide on scenarios and act out improvised role plays that begin quite negatively and whenever someone feels confident to STOP the action and to REWIND we will work together to change the results.

Time: 2hrs

In groups create a short 5-10 minute film that deals with the consequences of anger. You will need to create 2-3 characters, a setting and a storyline. You can use the character and plot development questionnaire to help you think of ideas.

Time: 1hr- 1hr 30mins

## **TASK 2**

Now you will work on the performance side and depending on how many characters you can work out who will play the character/s who will do the filming and what other roles will need to be fulfilled such as a director. When you have rehearsed and you feel ready to record you may go ahead with filming. For the rest of the session students will have the opportunity to edit their film using the digital video editing software.

Time: 4hrs-4hrs 30mins

**Video Camera: to film yourself or others**

**Tape Recorder: to record your feelings**

**Life Maps: To write down or structure your ideas.**

**Paper and Pens**

**Examples of writing around ANGER**