

Practical Activity: Now about anger!

Description of the Practical Activity: Debating with children on what caused, what was the outcome and how their actions made the others feel, following moments when a child manifest his/her anger.

Example: Case scenario when a child accidentally broke another child's toy and the second child reacts with physical violence. We help the children understand which emotions were experienced, followed with discussions about how anger appeared and how did the angered reaction make the other child feel.

Link to file to be downloaded: <https://frespiritpublishingblog.com/2015/07/17/10-scenarios-to-get-kids-talking-about-anger-2/>

Dos and Don'ts It is important to use a warm, understanding tone of voice. Screaming or using accusing words and tone may determine the child to shut off and refuse to communicate. Questions such as "How did you feel when you were hit?" will help the child empathise.



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.