

## Emotional Literacy – How can I control my anger?



Lauren feels like she must get up and hit Jayden. He has been making faces at her across the classroom. Now he's just insulted her mum. She feels disrespected and insulted. She is so angry she can no longer even hear anything the teacher is saying.

### **STARTER:**

**Challenge:** What might happen if Lauren did get up and hit Jayden?

**More challenging:** What would be the best thing for Lauren to do now?

**Mega challenging:** Explain what we mean by the term 'anger management'.





## Emotional Literacy

### Key Words

**Anger Management** – The act of taking control over our anger and managing this emotion in a constructive way.

**Adrenaline** - the chemicals in our body which can lead to feeling angry

**Fight or Flight** – The reaction in our bodies when we feel a surge of adrenaline; we want to fight or to run away.

### Learning Outcomes:

**Challenge**) Identify ways we can manage our anger in a variety of different circumstances.

**More challenging**) Apply new knowledge to describe how six students in different case studies can avoid conflict and manage anger constructively.

**Mega challenge**) Explain the best ways to manage our anger depending on different situations and causes.





## Starter Feedback



**Challenge:** What might happen if Lauren did get up and hit Jayden?

Jayden was provoking Lauren to get a reaction – now Lauren has given him one. She has played into his hands and done this right in front of a teacher. As Lauren started the physical violence, she will be disciplined more harshly than Jayden. Jayden will probably be pleased with this outcome.

**More challenging:** What would be the best thing for Lauren to do now?

There are numerous things Lauren could have done. She could have told her teacher, or ignored Jayden. When people are provoking you they hate to be ignored. If you ignore someone provoking you, you take control out of their hands and into yours.





<https://www.youtube.com/watch?v=FZB9KEXolXI>

## Challenging

1. Name THREE problems that unfair anger can cause, according to the video.
2. What is the ONE main piece of advice that is given in the video for controlling anger?
3. The man in the video quotes a saying from a medieval philosopher. Write down this saying.
4. Do you agree with the saying (see question 3)? Why or why not?

## More Challenging

1. In what way can anger sometimes be good, according to the video?
2. Why is it so important not to use the words 'always' and 'never' when expressing anger towards another person? Give TWO reasons.
3. What is one of the sad and unfair consequences of anger, according to the video?
4. Can you think of any other sad and unfair consequences of anger? List your ideas.

## Mega Challenging

1. From what you can infer from the video, in what ways can anger be dangerous, and what different kinds of danger does it cause?
2. In your opinion, what enables people to control how they act, even if they cannot control what they feel? Explain your answer.
3. How effective do you find the use of the street robber example in this video? In your answer, give at least ONE reason why it might be effective and ONE reason why it might not be effective.





## Popcorn Reading Opportunity

We'll now read the information sheet you've been given as a class. We're going to do popcorn reading – so be ready to continue reading if someone finishes and says your name!



### Anger Management

#### What is anger?

Anger is the name we give to strong feelings of annoyance, outrage, irritation or displeasure. Anger is a natural emotion, experienced by everybody at some point in their lives and in a surprising situation. However, even though anger is a natural emotion and can sometimes be justified and even useful, it can often be irrational and can cause harm. Anger can also be felt to different degrees, from mild irritation to rage.

#### What causes anger?

Anger can be caused by lots of different things. Mild anger might be caused if we feel that our basic needs are not being met. This might be the case if we are feeling hungry, tired, cold etc. However, there are other things which might trigger anger in someone. These can include: criticism (being told that you are doing something wrong or not well enough); frustration (when you're being prevented from getting what you want); threats (when somebody is trying to make you do something you don't want to do). Many people get angry when they perceive an injustice (something that seems very unfair). This can be in their own life (i.e. they feel they are being treated badly), or it can be in the wider world (i.e. they are angry at the way others are being treated).

Anger can also be a result of other emotions. A lot of anger is a result of fear and insecurity; for example, jealousy, a kind of anger, is often the result of feeling threatened by someone else. Anger can also sometimes result from feeling isolated.

#### What are the signs of anger?

There are physical and verbal signs of anger. When someone is angry, their voice may become louder and their tone of voice may change to become sharper. Their jaw may **clench** and they may frown and clench their fists, or show other signs of aggression, such as staring, making themselves look bigger, or invading someone else's personal space.

A person who is feeling anger will experience increases in the hormones adrenaline and cortisol. This results in higher blood pressure, faster breathing, quicker pulse and even higher body temperature. This is known as the fight or flight response (the body releases a burst of energy and is preparing for an attack).

#### Is anger always a problem?

No. Anger can be a useful emotion because it can tell us when something is wrong. When we **realise** something is wrong, we can take steps to try to fix it, or at least to change things for

the better if we can. For example, someone might get angry about the way they're being treated by a friend who takes advantage of them all the time. This person might listen to that anger and decide to talk to their friend about the problem. If that doesn't change anything, the person may decide to cut that toxic friendship out of their life.

Another example of anger having a positive outcome is in the civil rights movement. People's reactions to being treated unfairly have resulted in improved rights for women, people of **colour**, LGBTQIA+ people, and many more. Anger, when channelled properly, can be a great motivator to achieve positive results.

#### How do I know when my anger is a problem?

Anger becomes problematic when it starts to harm people - either yourself, or the people around you. This might be the case if you become irrational, destructive, or constantly angry. It also becomes a problem if you feel that anger is affecting your mental or physical wellbeing - in other words, if anger is getting in the way of you enjoying life and relationships.

#### What can I do about my anger?

Become aware of your 'triggers' - in other words, the things that cause you to be angry. If you start to keep a note of these, you may start to notice patterns. This will help you to avoid situations that make you **angry**, so help you to challenge that anger.

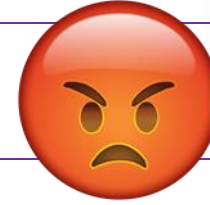
Another useful strategy for dealing with anger is developing your communication skills. A lot of anger can come from a feeling that your needs are not being met and from feeling that you don't have any power. If you can learn to assert your feelings and your needs, you stand a better chance of overcoming anger. Asserting your needs means stating what outcome you want, whilst also listening to other people's point of view without blaming anyone unnecessarily. Talking about your feelings will help stop the anger from building up inside.

There are also many practical things you can do to help with anger management. Leading a healthy lifestyle is important for feeling well. A healthy lifestyle means getting regular exercise, getting enough sleep, and having a balanced and nutritious diet. Developing good relationships within a supportive community can also help you to feel less angry. A good way to do this is by pursuing your hobbies and interests. Some people find physical activities, such as boxing, a good way of relieving stress and anger.





## Task Three



### Applying our new knowledge

#### Challenge:

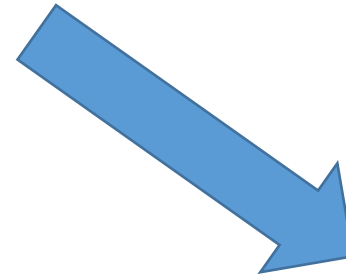
We'll now read 6 real life case studies where rising anger levels could cause conflict if they are not managed properly. In your groups, complete your advice in one box, then when your teacher tells you, pass yours on and you will receive the next case study.

#### More challenging:

Read the previous group's advice and explain whether you agree with them or not. What extra advice could you add?

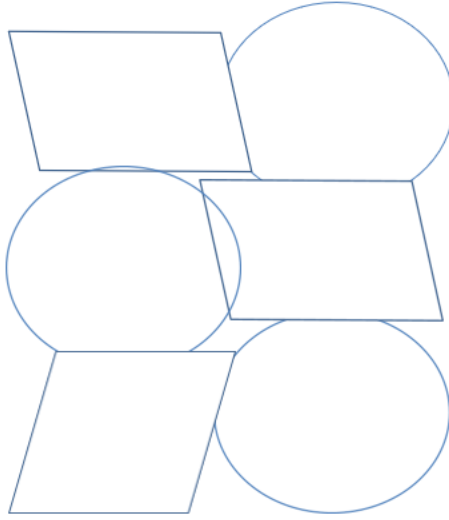
#### Mega challenging:

Read all the advice on the final case study you receive. Be prepared to explain the class the most and least helpful ideas given.



Mo, 13, is always so bored. There are activities to do in his local area, there are football and boxing clubs, but none of Mo's friends go to these. Mo's friends usually just walk the streets. Recently just the sight of his local area has started to make Mo feel irritated. He spray-painted 'hell-hole' on the side of the local post-office and got a police caution. Mo's parents are starting to really worry about him.

What should Mo do? Choose one box for your group to write their advice in, then pass it on.





## Plenary

Write an email to Lauren explaining to her the best ways she could manage her anger, both in situations where she has to stay in the classroom and in those where she has the space to leave a confrontation.

**Mega challenge:**

Include the terms 'flight or fight' and 'adrenaline'.

