

Classroom Lesson

“Coping with Painful Emotions”

Goal of the Lesson – To assist students in recognizing feelings of anger and how to respond to them

By the end of this activity, students will have learned

- why some people lose control of their anger
- ineffective and effective anger management strategies

Materials Needed

- Computer, projector and screen
- This handout
- Video - <https://www.youtube.com/watch?v=-OM09urU-yY&feature=youtu.be>

Preparation Needed

- Check to make certain you have internet access and volume
- Preview the “lesson” video (the “teacher” video is optional)
- Read the article
- Read the lesson plan

Class Discussion Outline

- 1) Tell a story of a time growing up that you got angry. Can you think of things you sometimes get angry about? Say, “We all get angry or sad sometimes. The important thing is we learn some positive ways to deal with these feelings. Watch this video as some students discuss some strategies that work for them. Let’s take a look!
- 2) Start the video, stop at :49 and ask
 - a. In these students opinion, what is the reason some people might bully? (get rid of pain/anger they feel inside)
 - b. Is that a good way to deal with your anger
- 3) Say, “Listen now as they describe some positive ways to deal with anger”
- 4) Start the video at :50 and stop at 2:23

- a. What are some of the strategies the students gave in dealing with anger/pain
 - b. What are some other strategies you can think of (write student responses on some type of visual aid)
- 5) Start the video at :2:24 and stop at 4:12
- a. Why did the girl say the little boy kicked the dog?
 - b. Have you ever done something like that where you're mad at someone and you take your anger out on someone else? Instead of doing that, what could you do?
 - c. Use a balloon to illustrate how we feel when we hold in feelings. Have students mention things that get them angry. Blow a breath of air in the balloon every time a student mentions something that makes them angry. When it's about to pop, compare it to how we feel when we hold angry/hurt inside. Have them describe ways to handle the anger and with each student response let a little out. Discuss how this lets go of the pressure we feel on the inside
 - d. What did the boy say helped him deal with his pain when his grandmother died?
- 6) Start the video at 4:13 and play to the end
- a. As mentioned in the video, when you get upset at school you can't always do the same things you would to cope if you were out of school (like go for a run, play with your dog, etc). What did the girl say she thought would help?
 - b. What are some strategies you can come up with to help you at school?