



Workshop goals:

- To observe the indicators of anger in others with compassion.
- To develop your empathy and your interpersonal skills.
- To teach yourself clearer ways of communicating and ways of conflict resolution.

Take-home message for the children:

- Everyone experiences emotions in certain situations. We have the right to get angry.
- Welcoming other people's emotions with kindness can help them.
- The calmer and the more present I am, the more I can help.
- I can help restore a relationship in a respectful and effective manner.

Theoretical background for the teacher:

It's not always easy to accept that a child is angry since their reactions can affect our own willingness to respond! Anger however is neither good nor bad. It's an emotion, a message carrier, and difficult to deal with for a young, immature child. Being there for them on their level, letting go of all judgment, taking the time to listen to what they've experienced and need, talking slowly with them to find a solution together: all these approaches will teach the child to control their emotions step by step, without portioning blame.

Empathy is defined as the act of trying to understand the inner experience of another person, to attune to their emotions. These social and interpersonal skills can be trained. You can explain to the children the appropriate ways of behaving and, more importantly, demonstrate and apply them, since they learn first and foremost through observation and imitation of adults. These behaviors can be trained by "auto-instruction", as well as by role playing.

Outline of the workshop and suggested activities

Adjust and adapt according to childrens' age

Children are welcomed

Presentation of goals to children

Watching video with children

Discussion: guide the children to discuss what they have seen and what they remember 20 to 30 min.

Questions about the film to introduce the subject to the children:

1. What happened?
2. What do the characters feel?
3. What do they think?
4. How do they react?
5. What do they do?

Activities – Workshop 7

How do I help my friend manage their anger ?

A few heated situations (cf worksheet 7A)

5 to 10 mins

By thinking about some situations that they themselves have experienced, the children become conscious of the emotions they have lived through and that the others are experiencing, as well as of the help they received or offered to others. Helping each other is possible and welcome.

Do a quick brainstorming session with the children to think of situations where someone was angry. Afterwards, talk about their emotions (using the Flower of Emotions or the Thermometer of Anger) and about any possible help they could offer.

Helping my friend who's feeling angry (cf worksheet 7B)

10 mins

In this exercise, the children start out by asking themselves some questions before going to help their friend who's feeling angry. However, no one ever has to go... Nonetheless, the propositions the worksheet offer could encourage them. The lifesaver that is meant as a visual memory aid (you could cut it out) could collect some questions and options for the students to make use of in a real situation. The small lifesavers could be offered as a gesture of help.

Role plays & sketches (cf worksheet 7C)

20 mins

Now choose one of the situations you thought up with the children (or pick one from the worksheet) and divide the children into groups of three. Child **A** will play the angry person, and child **B** will be the one that's offering help. The third child will play the role of the observer, **C**. The role of C is to observe and watch the emotion's indicators, as well as to listen to everyone's lines – just like a director or a camera. C is not allowed to say anything during the role play.

All groups enact the situation at the same time in order to reduce the stress of being observed by others. The role play shouldn't be too long. After a few interactions, you can invite them to gather and talk about what happened in every group and what helped reduce the intensity of the emotion. Then the children switch roles. And after that, gather again...

How to solve a conflict with your friend (cf worksheet 7D)

20 mins

This exercise teaches the children to be mindful about listening and about the importance of communicating clearly. It teaches the children to talk about themselves as "I", whilst leaving space for the "I" of the other. Children learn to solve a conflict in a respectful and effective manner.

It can be practiced on invented situations or on situations experienced by students in the class, when there has been an incident or conflict. The sheet can remain visible in the classroom, so that children can first find their solutions on their own, before turning to adults.

Story: The nails in the fence

20 to 30 mins

Here's an old story about the wounds anger can inflict on others. You can tell it to the children and then start a discussion about it in the group.

Conclusion

Activities can be concluded with reflection time with the children: what do you remember, what have you understood...?

Ask the children to make a decision that they will then present to the group.

Each child makes a decision: "I decide to...", "I will..."