

ANGER MANAGEMENT GAMES

EA Morris



www.loggerheadpublishing.co.uk

Why I feel warmly about you ...

2

How to Play

This game is best played later in the programme when the young people have got to know one another and have seen each other in different situations.

This exercise affords every group member the chance to give someone else feedback. Every instance of feedback is introduced with:

- "You are really very nice and I know this because I have seen you do/say ... (give an example such as smile/offer to help/stand up for someone else/be kind)"

They then follow this by saying:

- "I would like it if you did/said ... (repeat the example) more often (or put in another example such as smile more often, laugh more, be kind more ...)"

The person being addressed is not allowed to speak but answers, "Thank you for telling me."

The game works best with the group sitting in a circle. The leader can begin by standing up and going over to the person to whom they are going to speak. That person answers as above with a 'Thank you' and then stands up and goes to give their feedback to another person.

Discussion

Afterwards the group can make comments about the experience of giving positive feedback and receiving it.

Have you seen Kind Tom?

6b

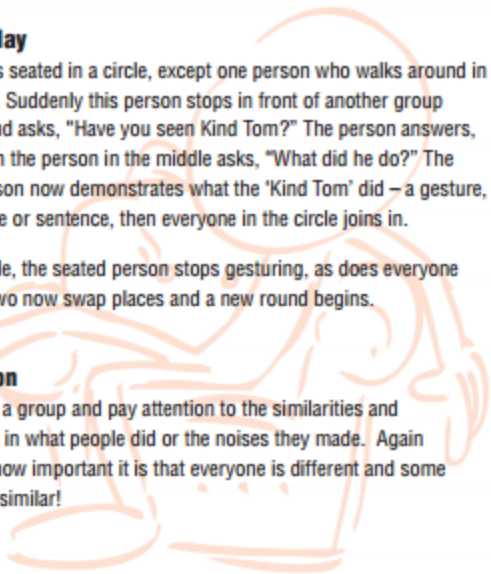
How to Play

Everyone is seated in a circle, except one person who walks around in the middle. Suddenly this person stops in front of another group member and asks, "Have you seen Kind Tom?" The person answers, "Yes." Then the person in the middle asks, "What did he do?" The seated person now demonstrates what the 'Kind Tom' did – a gesture, a kind noise or sentence, then everyone in the circle joins in.

After a while, the seated person stops gesturing, as does everyone else. The two now swap places and a new round begins.

Discussion

Discuss as a group and pay attention to the similarities and differences in what people did or the noises they made. Again comment how important it is that everyone is different and some people are similar!



Hopping Happiness

10b

How to Play

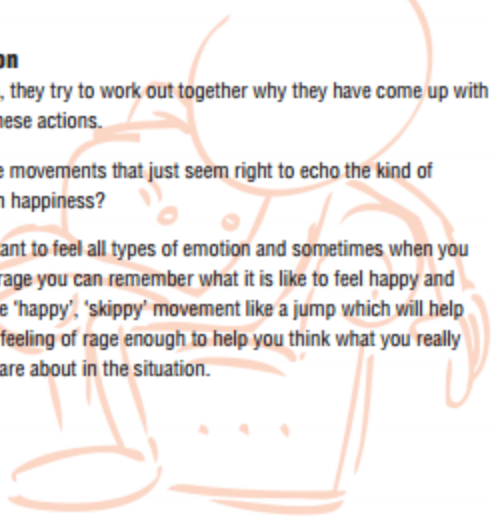
Group members are asked to invent movements that, in their opinion, express happiness, for example, hop, jump, skip, clap and so on.

Discussion

Afterwards, they try to work out together why they have come up with precisely these actions.

- Are there movements that just seem right to echo the kind of energy in happiness?

It is important to feel all types of emotion and sometimes when you feel full of rage you can remember what it is like to feel happy and make a little 'happy', 'skippy' movement like a jump which will help defuse the feeling of rage enough to help you think what you really want and care about in the situation.



Anger associations

18a

How to Play

Each person writes the word 'anger' on a piece of paper and draws a frame around it. Then they write around it all the associations they can think of, regardless of word class, for example:

- Hitting someone
- Sue – gossip
- Hitting back
- Teacher – marks
- Heat-beat – sweating
- Telling off

Discussion

Afterwards, the individual associations are looked at together and explained, discussed and compared. The group can also create a large 'Anger Map' together, using a large piece of paper or a wall poster. The 'Anger Map' can be put up in the room in which the group meets and added to gradually. Every time someone thinks of another association, for example, something triggered by a group discussion, they write it down on the paper.

The changes to the 'Anger Map' should be discussed from time to time and ways to defuse some of the associations explored together.