

DISCUSSION QUESTIONS AND IDEAS

- 1) Brainstorm definitions of anger.
- 2) List all the ways you feel when you become angry.
- 3) List the ways you feel when somebody is angry at you.
- 4) What are all the triggers of anger?
- 5) What are all the ways you can deal with anger?
- 6) What do a person's facial expressions and body language do when they are angry?
- 7) What does it mean to feel that you need to vent?
- 8) How many tips can you list to help somebody calm down?
- 9) Brainstorm all the words that relate to anger. (*rage, temper, explosive, hot, grouchy, melt down, seeing red...*)
- 10) Brainstorm all the people you can go to when you're angry.
- 11) What does it mean to push buttons?
- 12) Anger often stems from: *frustration, fear, sadness, embarrassment, disappointment, jealousy*. Explain this.
- 13) Why is it important not to let the anger control you and to control it instead?
- 14) Are you strong enough to control your anger? How?
- 15) Design an anger pledge.
- 16) Teachers: keep a container for a student to drop a note in to let you know they need to talk to you about anger. These discussions need to be private.
- 17) Have you ever felt remorse or regret after an angry episode? Why?
- 18) Complete the following: *When I get mad I.....*
- 19) To help with positive thinking, begin using gratitude journals.
- 20) There are three ways to deal with anger: suppress, express and calm. Discuss what each of these looks like.
- 21) Time outs should not be treated as something '*punitive*'. A time out is used to remove a child from a negative situation allow for a positive mindset to return. I have seen a small plastic pool used for a time out and it was referred to as a cooling off pool. It had some calming items as well and was quite effective with younger children.
- 22) Psychologist W. Doyle Gentry states that a life saver method works. A hard candy is 'sucked' on when the angry person is about to lose it. Wait, until the candy has dissolved completely before responding. Why might this method work, or not?