

MY EMOTIONS (11-13)

OBJECTIVES:

- Identify the signs of anger and other emotions
- Learn how to manage anger and other emotions

MATERIALS:

Colored paper, tape, colored pens, tissue, prop box, balloons, anger barometer poster.



ICEBREAKER (10 minutes)



REVIEW OF PREVIOUS SESSION (5 minutes)

ACTIVITY 1:

THIS IS HOW I FEEL (25 minutes)



DO:

Ask "what is anger?" then ask the girls to write their answers on post-it notes, ask them then to hang them on flip chart paper and read them out loud. Explain the below in an interactive manner and while relating what they said to the definition.

EXPLAIN:

Anger is a completely normal, usually a healthy, human emotion that ranges from mild irritation to intense rage. When it gets out of control and turns destructive, it can lead to problems. Like other emotions, it causes physical changes. When people get angry, their heart rate increases, they might start to sweat or shake and their body might feel tense. People could be angry at a specific person or event. Worrying about personal problems or remembering traumatic events can also cause people to feel angry. Anger is a natural response to threats and inspires powerful, often aggressive feelings and behaviors, which allow people to defend themselves when attacked. A certain amount of anger is necessary for survival. People cannot, however, physically attack every person or object that irritates or annoys them.



ASK:

- What do girls feel if their parents/guardian ever told them they can't do something they want to do?
- What do girls feel if someone made fun of them or hurt their feelings?



SAY:

- Anger, sadness, and happiness are all examples of emotions. Emotions are the things that we feel - or our "feelings."
- Some of the emotions, like anger and sadness, can be hard to handle. They do not feel very good. People may not talk about these emotions a lot, but everyone feels them from time to time. When I'm upset, I like to talk about it with my closest friends or family. This usually makes me feel better. Other times, I like to take a walk or listen to music to calm down.



Girl Chat:

- What does being angry feel like?
- What are some things that make you angry?



DO:

Give the girls a piece of paper/card and ask them to roll it in a tube. (provide them with tape to help them join the two pieces).

Ask each girl to scream in it, notice how the sound will come out strong

Now ask the girl to start filling the tube from one side with the tissue paper and ask them to scream in it. (Notice how the sound will start to fade away).

Now ask them to decorate and personalize it as much as they want (provide them with different materials to help them do this).



SAY:

- They can use this tube whenever they are angry or feel like they want to scream and release some tension.
- It is normal to have all different kinds of feelings. Some feel good, and others don't feel as good. Feelings can change when different things happen.

ACTIVITY 2:

ANGER BAROMETER (20 minutes)



ASK:

- How do we know when we are getting angry?
- What changes do we notice in our body when we are getting angry?



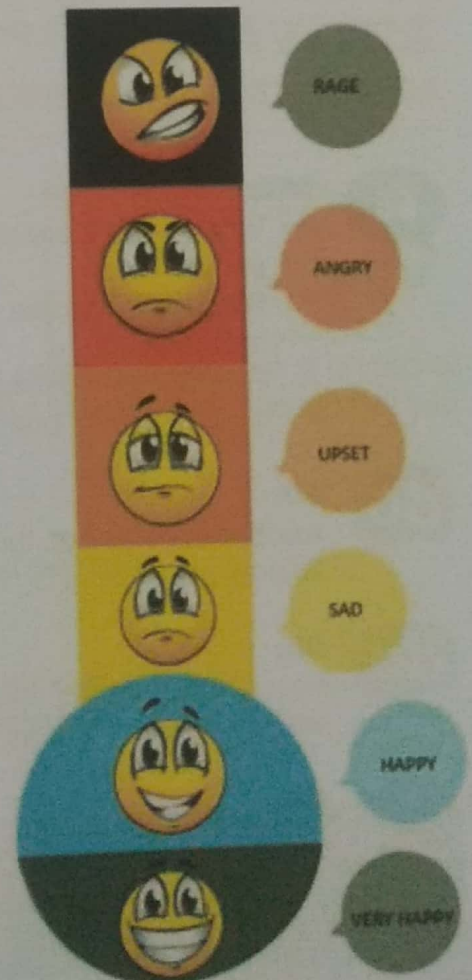
SAY:

- We may notice changes in our body. For example, our heart might start to beat faster, our face may get warm, or our muscles might tighten.
- Just like the weather gets hot in summer and cold during the winter, we also get "heated" when we are angry and "cooler" when we are not angry or upset.
- We feel calm when we are "cooled off". Our anger can go up in temperature and go down.
- A barometer helps tell the weather and measures how hot and cold it is outside. Today we will talk about our Anger Barometers and how it can help us identify how we feel.



DO:

- Ask girls to gather around you to see the anger barometer.
- Show girls the Anger Barometer poster



**SAY:**

- Just like a real barometer, we get heated and calm depending on how we feel about a situation.
- The more we get upset and angry, the warmer we get.
- The more we are happy and calm about something, the cooler we are.
- Our anger can go up and down in temperature just like the weather.

**ASK:**

How is your temperature today? Are you feeling warm or cool?

**DO:**

- Point to each level on the angry barometer and explain which feeling matches each level.
- Ask the girls to work in groups of four. In their groups, they should discuss a time when they felt really angry and heated (or a time a friend got really angry or heated), at the top of the anger barometer. What made them so angry? How did they react that time?

**Girl Chat:**

Who would like to share a time they were angry and you managed your anger well? (give the choice to the girls to share their story)

**BREAK/GAME (15 minutes)****ACTIVITY 3:****MANAGING MY ANGER (15 minutes)****SAY:**

- When people are upset, anger can make them do and say things that are not kind and respectful.
- Sometimes people can say something they did not really believe. For example: "You are a bad friend".
- People may do things they feel bad about later, or things that get them into trouble.
- It takes a lot of practice to think clearly about the best ways to manage anger.

**DO:**

Ask them to mention things girls do to manage their anger (positive and negative) and capture the key points on a flip chart.

**DO:**

Focus on the useful things they did or the positive influence of those reactions. For those who identify negative things, we should:

**ASK:**

Do you think this is helpful for girls and what is the outcome when girls respond in this way?

SAY:

Here are a few positive ways that help me manage my anger:

1. I count to 10
2. I walk away from a discussion or argument with a friend
3. I play music or sing to calm me down
4. I tell someone why I am upset and angry
5. I think of a funny story/ joke that will make me laugh
6. I think of a time when I was really happy or calm, and try to imagine that feeling

SAY:

Some of the less positive ways of managing anger can be harmful to girls, both psychologically and physically.

ASK:

If girls feel that they are unable to manage their emotions in a positive way, what can they do? Can they choose some of the positive mechanisms to replace the unhealthy ones?

Facilitator Tip:

Encourage them to disclose negative coping mechanisms to a trusted friend/adult or a case-worker at the safe space. Some of the serious negative coping mechanisms can include self harm, so it's important for them to talk to someone so that they can receive help on how to manage this.

do

DO: Give the girls some balloons and tell them that they are going to blow out any stress or bad feelings that they are having in to this balloon and then they will release the balloons, letting go of all their stress and bad feelings. Give them the chance to do this a few times.

ACTIVITY 4:

ANGER ROLE PLAY (20 minutes)

SAY:

Based on the examples you have given, where you got really angry, pick one and in groups of four, develop a role play based on how you could have handled the situation better so that you wouldn't have lost your temper.

DO:

When the girls have finished, ask them to perform their play to the group.

Girl Chat:

- Do you think the role plays showed positive ways of managing anger?
- What will you do differently when trying to manage your emotions?



CLOSING ACTIVITY

RESOURCE SHEET (11-13 and 14-18)

MANAGING EMOTIONS

● What causes anger?

There are many different things that can make someone mad. Sometimes a certain person or situation may make someone mad. Sometimes it can be due to stress. People who are under a lot of pressure tend to get angry more easily. Teenagers may also experience mood swings which can make them feel irritable or moody and make them more likely to feel angry. No matter what pushes someone's buttons, one thing is certain: Everyone is sure to get angry sometimes. Anger is a normal emotion, and there's nothing wrong with feeling mad. What counts is how we handle it (and ourselves) when we are angry.

● How do you manage anger?

Because anger can be powerful, managing it is sometimes challenging. It takes plenty of self-awareness and self-control to manage angry feelings. And these skills take time to develop. Together, self-awareness and self-control allow you to have more choice about how to act when you are feeling an intense emotion like anger.

Self-awareness is the ability to notice what you are feeling and thinking, and why. When you get angry, take a moment to notice what you are feeling and thinking.

Self-control is all about thinking before you act. It means taking some time to cool down when you feel a strong emotion instead of acting right away. This could be taking a walk, listening to calming music, praying, taking deep breaths, talking to a friend, or simply counting to 10.

● 5 Step to Managing Anger:

- 1. Identify the problem** (self-awareness). Start by noticing what you are angry about and why. Put into words what is making you upset so you can act rather than react. Ask yourself: What has got me angry? What am I feeling and why?
- 2. Think of potential solutions** before responding (self-control). This is where you stop for a minute to give yourself time to manage your anger. It's also where you start thinking of how you might react — but without reacting yet. Ask yourself: What can I do?
- 3. Consider the consequences** of each solution (think it through). This is where you think about what is likely to result from each of the different reactions you came up with. Ask yourself: What will happen for each one of these options?
- 4. Make a decision** (pick one of your options). This is where you take action by choosing one of the things you could do. Look at the list and pick the one that is likely to be most effective. Ask yourself: What is my best choice? Once you choose your solution, then it is time to act.
- 5. Check your progress.** After you have acted and the situation is over, spend some time thinking about how it went. Ask yourself: How did I do? Did things work out as I expected? If not, why not? Am I satisfied with the choice I made? Taking some time to reflect on how things worked out after it is all over is a very important step. It helps you learn about yourself and it allows you to test which problem-solving approaches work best in different situations.