

Activities for Unit 1: Understanding Anger

Activity 1: What is anger?

Note your response, share this with a partner and discuss.

Activity 2: What causes anger?

Work in a group of 3-4. Think of the last time you were really angry and discuss it with your group. Do this in some detail, answering the following questions:

1. What happened just before you got angry?
2. Did you realise you were becoming angry?
3. How did you feel?
4. What happened as a result of your anger?
5. How did you feel once your anger had passed?

Once everyone has had a chance to talk, the group should then try to tease out some common elements.

Activity 3: What are the effects of anger?

What effects might inappropriate or destructive anger have on you and others around you? Focus on the following questions:

1. When is anger inappropriate?
2. In what ways can it be destructive?
3. What might happen to an individual who is having difficulty in expressing anger effectively?