

Activity Sheets

Unit 3 Dealing with Aggression and Conflict

Activity 1

What are the observable signs that tell you that someone is *uptight* or *ready to explode*?

Make a list of these below:

Discuss your list with a partner.

Were there any similarities or differences?

Activity 2

Work in a small group

Each person in the group should think about a particular pupil that he/she has known well who had difficulties with self-control. What strategies were used to help defuse his/her anger?

Make a list of these from your personal experience.

Discuss with others in your group.

Make a combined list of effective defusing techniques.

Activity 3

In a group, discuss the following scenarios. How would you respond in each situation? For each scenario the pupils are in the age range that you normally teach. You may wish to consider whether your response would differ if the pupils were older or younger.

Alan comes in after the interval clearly annoyed about something that has happened involving Brian, another pupil in your class. Alan starts shouting at Brian and threatening to get him at home time.

You have asked Carol to move, as she has been persistently talking and has continued to do so despite warnings. Carol stands up, says that you are always picking on her, swears and kicks the chair, which falls over.

Lining up to come into class, David is jostled by Eddie. David responds by pushing Eddie who hits his head against the wall and is clearly distressed.

In the lunch hall, Frank is asked to go to the back of the queue by one of the dinner ladies. He maintains that he wasn't pushing. She insists that he should move. Frank becomes verbally abusive, throws his tray on to the floor, storms out of the hall, kicking chairs and tables on the way.