

Activity: Session 4 ANGER MANAGEMENT

Objective: Help participants understand that anger is an emotion we all have and how to effectively deal with it.

Materials Needed

- “Ways We Can Support Each Other” Handout (attached)
- “Stand By Me” Worksheets(attached)

Sign In And Welcome

Have mentors meet their protégés and greet them when they walk in at the door to sign in together.

Introduce Topic and Mini Discussion

Introduce the following questions:

- What are some things that usually make people angry?
(Examples: Being late for work or school, losing an important game, being teased, spilling a soda on your favorite shirt, stubbing your big toe, etc.)
- Is feeling angry always bad?
(No, everyone feels angry sometimes. Anger is a normal feeling just like being happy or sad. How we choose to deal with our anger is what can be good or bad.)
- What are some negative ways to express anger?
(Examples: Hitting, yelling at someone, using bad language, breaking things, etc.)
- What are some positive ways to express anger?
(Examples: Taking a long walk or run, screaming into your pillow, writing down your feelings in a journal, walking away until you calm down, etc.)
- Can anger be used in a good way? How?
(Yes, anger can stir people to advocate for positive change when something is unfair, like peacefully protesting against animal poachers.)

“Ways We Can Support Each Other” Activity

We’re going to talk about dealing with anger and how we can support each other.

Explain “Flashpoint Reactions” to group:

- Flashpoint is a term used in fighting fires, it is the moment when a fire suddenly erupts and bursts into flames, like when you strike a match. A flashpoint reaction happens when a person becomes suddenly very angry by an event or situation and isn’t thinking clearly. Flashpoint reactions can happen in private conversations or in public confrontations.

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Developed by the California Friday Night Live Partnership in partnership with the FNL Mentoring Policy Committee



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- Have any of you been in a situation when you had a “flashpoint reaction”? Ask someone to share a situation.

The good news is that instead of escalating a situation, we can provide support by helping our friends and peers cool down. To do that, we need to plan out some strategies in advance and then practice those strategies.

Distribute “Ways We Can Support Each Other” handout and review as a group the following:

- Have you ever used any of these strategies with someone you know?
- Have you seen someone else use these strategies?
- Did they work? Why or Why not?
- Do some strategies look easier than others? Why?

Explain to students that some strategies will work in some situations and other won't. It's best to set an agreement with friends in advance that they will help each other cool down with the strategies.

One-on-One Time

Complete and discuss the “Stand By Me” worksheet using the strategies on the “Ways We Can Support Each Other” handout.

Stand By Me Report Back Activity

Choose a few mentor/protégé pairs to report back on their scenarios to the whole group.

Wrap up Discussion

- What was something new you learned today?
- How will you use what we discussed today to help control your anger?

Optional Activities/Discussions

- Complete the “What Ticks Me Off” worksheet (attached) in one-on-one groups or in teams. Explain and discuss that knowing what makes us angry aids us in controlling our reactions. Have students identify other situations that make them angry and how to handle their reactions.

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