

# Getting on and Falling Out

# PSHE

What is the main emotion you see coming from the people in these pictures?




TODAY – Understanding Anger

PSHE

# ANGER





Anger is like a firework.  
It builds up and could  
cause an explosion!

## TASK 1

Think about what anger means as a firework to you and write what 'lights your fuse' (trigger) on your worksheet. Examples on next slide...

# Examples of anger **triggers** for some people.

**Frustration** – when you can't get what you want OR when you are asked to do something that you don't want to do.

**Embarrassment** – perhaps you got a question wrong in class or you fell over on the playground.

**Anxious** – when you are worried about something or even about coming to school.

**Jealousy** – when you are jealous of others of perhaps what they have or do or how they perform in class or sports.

**Hurt** – when you feel hurt by family or friends or someone took something from you that you were playing with.

Before the next slide, complete TASK 1 on your worksheet.

1. We need to find ways to put out the fuse before we explode.
2. We then need to calm down.

Here are some ideas you can try to help you put out the fuse and to calm down before you explode:

- Go for a walk (take yourself away from what lights your fuse)
- Find a chill out spot (your bedroom, a bench...) to sit quietly
- Count to 10 slowly and take deep breaths
- Listen to music
- Distract yourself by doing something else
- Hug someone
- Run laps

1. Can you think of ways you can calm down before you explode?



2. COMPLETE YOUR WORKSHEET – add some ideas for how you can calm down before you explode.

