

## Core Competencies: Personal Awareness - Exploring Emotions: Angry

<b>Curriculum:</b> Core Competency – Personal awareness & responsibility (Self-regulation & Well-being)	<b>Learning Goals:</b> -Student will learn to recognize emotions by exploring feelings -Student will learn and use strategies to help manage feelings and emotions -Student will learn strategies to find peace in stressful times
--	---

### Materials

- Book: Train Your Angry Dragon by Steve Herman  
<https://www.youtube.com/watch?v=0Z637pUJx2I>
- Blank paper
- Pencil
- Pencil crayons/crayons

### Activities



- What does angry mean? Angry can be described as feeling strong annoyance or displeasure.
- What other words (synonyms) can you think of that mean the same thing as angry (e.g. explosive)? Try to use these synonyms in your vocabulary throughout the week.
- Listen to: [Train Your Angry Dragon by Steve Herman](https://www.youtube.com/watch?v=0Z637pUJx2I)
- Pause at 3:00. The dragon is beginning to get angry when there is a long line and his first reaction is to look for something to burn. What are the first signs that your body shows that helps you understand that you are beginning to feel angry (E.g. increased heart rate, tightness in chest)? If you don't know, pay attention to this the next time you are angry! Continue listening to the book.
- Try the Dragon Breath. Is this a strategy that would help you when you are angry? Everyone needs different strategies when they are angry (e.g. breathing, being left alone, exercising, listening to music). When you are angry what strategy helps you?
- Create your own Anger-Selfie. Get blank paper and a pencil. Look at your reflection in the mirror or a photo of yourself with an angry expression to draw your angry self-portrait. What do you notice about your facial expression? What parts of this photo or reflection in the mirror will be important to add to your drawing?

### Extension:

- When might be a time at school, home or in the community that being angry would be helpful and appropriate?
- When might be a time at school, home, or in the community that being angry would not be appropriate?