Core Competencies: Personal Awareness - Exploring Emotions: Angry

Curriculum:	Learning Goals:
Core Competency – Personal awareness & responsibility (Self-regulation & Well-being)	-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
-Short Film: Scrambled by Polder Animation https://www.youtube.com/watch?v=9JBNmGlEdLY -Blank paper -Pencil -Pencil crayons/crayons

Activities

-What does angry mean? Angry can be described as feeling a 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.
-Watch: Scrambled by Polder Animation
-Pause at 0:35. Using the characters body language and facial expression, what do you think the character is feeling? What other parts of the video so far could help you to understand the characters emotions?
-Pause at 2:28. How might a mobile game or video game affect your emotions?
-How does the character's emotion change at the end of the film? In your opinion, what changed the characters emotion?
-We all learn to use different strategies to alter how we feel if we need or want to. Playing with and solving the RubixCube changed how the character felt. What strategies can you us to change how you are feeling?

-Create your own Angry Self Portrait. 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?