



GLOSSARY

ASK: Ask a question that will help them to think about how this information makes a difference in the life.

SHARE: Talk about your own experience as a disciple of Jesus.

EXPLAIN: This is a piece of information that will help to explain the topic.

What Can I Do When I'm Angry?

God says, 'I am merciful, kind and caring I don't easily lose my temper and I don't like to punish.'

Joel 2:13 (CEV)

'Don't get so angry that you sin. Don't go to be angry.'
Ephesians 4:26 (CEV).

NOTE FOR MENTOR: There are a number of great picture books for children about how to handle strong emotions. For example, When Sophie Gets Angry - Really, Really Angry by Mollie Bang. If this is a relevant issue for your child you might like to explore some more of these resources.

Chat

ASK: I wonder if you have ever felt angry.

EXPLAIN: Anger is a strong feeling. Did you know that the Bible tells us that even God gets angry? God gets angry when He sees something that is not good and right. God knows what it is like to feel angry. He made our feelings and He made the feeling of anger.

ASK: What are some things that you have felt angry about? How do you feel when you are angry? What does your body do? What do you think about? What do you say?

Activity

Using the outline of a body, draw some things that happen to you when you feel angry. (eg. hot, tense, sweating, tears, fast breathing, fast thoughts, kicking, hitting, want to run, shouting)

SHARE: Share a time that you have felt angry about something and the strength of the feeling in your body.

EXPLAIN: When we feel angry it is easy for us to hurt other people by the words that we say or the things that we do. **Feeling angry** is different to **acting angrily**. It is okay for us to **feel angry** but we have to be very careful about what we **do** when we are angry.

ASK: I wonder if you can tell me about a time that you hurt someone with what you said or did because you were angry. What do you think it means to 'lose your temper'?

Activity

Use two bottles of soft drink to demonstrate temper and anger. Shake up the first bottle of soft drink and take the lid off and watch the drink explode. Use the second bottle of soft drink and shake it up but leave it to settle for a while before you remove the lid very slowly.

EXPLAIN: The first bottle of soft drink shows what a temper is like - exploding and making a mess. The second bottle of soft drink has been upset in the same way but it doesn't explode. It settles a bit first and then slowly and carefully allows the pressure out.

When we feel angry we can quickly explode and make a big mess of hurt feelings. Or we can take time to settle first before we speak or act angrily.

ASK: What are some ways that you know to calm yourself before you share what you are thinking with someone when you are angry?

Things I say or do when I am angry	Helpful	Hurtful
Hit someone		
Go for a run around the yard		
Shout something mean		
Cuddle a pet		
Jump up and down		
Read a story		
Stomp your feet and scream loudly		
Pinch someone		
Find a quiet spot and think		
Break a toy		
Punch your pillow a few times		
Listen to some music		
Pull nasty faces		
Say a prayer		

EXPLAIN: God wants us to speak and act with love even when we are angry. He has helped us to know what He is like by sending Jesus. We need to ask God to help us to act like Jesus. Jesus sometimes felt angry but he never hurt someone in his anger. We can pray and ask God to help us to learn how to be like him too.

Song suggestion

We wanna be like Jesus by Nick and Becky Drake

Application

Next time you feel angry remember to STOP! SETTLE! SPEAK.

Stop before you hurt someone with what you say or do.

Settle your strong feelings.

Speak to someone calmly about the thing that made you angry and try to sort it out.

Prayer

What would you like to talk to Jesus about?

What are you happy about?

Is there anything that is making you feel sad?

What can you thank Jesus for?

Is there anything that you are sorry about?

Is there something you would like Jesus to help you with?

What would you like to pray for?

Prayer

Dear God, Thank you that you love me and you are always with me. Please help me when I feel angry. Help me to make good choices when I am angry. Please comfort me and bring calm to me when I feel angry. Amen

Journal:

Draw three things that you can do when you are angry that can help you feel safe and calm again

OR

Draw a set of traffic lights. On the red light write the word 'STOP'. On the orange light write the word 'SETTLE'. On the green light write 'SPEAK'.

Little Chats - What Can I Do When I'm Angry?

Journal

Draw three things that you can do when you are angry that can help you feel safe and calm again

OR

Draw a set of traffic lights. On the red light write the word 'STOP'. On the orange light write the word 'SETTLE'. On the green light write 'SPEAK'..

Prayer

Draw some pictures or write words to answer these questions:

What would you like to talk to Jesus about?

What are you happy about?

Is there anything that is making you feel sad?

What can you thank Jesus for?

Is there anything you are sorry about?

Is there something you would like Jesus to help you with?

Who would you like to pray for?

Dear God, Thank you that you love me and you are always with me. Please help me when I feel angry. Help me to make good choices when I am angry. Please comfort me and bring calm to me when I feel angry. Amen