**Friendship – How to control your anger**

**Session 5**

**Learning Objective**  - To learn what anger feels like and understand how it affects what we do.

**Welcome** – Establish ground rules for the group, to be displayed at every session. Explain that all the work they do will be made into a book so they can remember it.

**Warm up activity** – Sit in a circle and pass round a toy, ask the following

* What makes you feel angry?
* How do you behave when you are angry?
* How does it make you feel inside?

Create a group list of all the things that make them feel angry then play angry throw!

**Core activity**

Discuss different strategies they can use when they feel angry. Chn complete their own ‘cool down’ flower with their own strategies to help with their anger.

M and M anger game

**Juice and biscuits**

**Reflection and compliments**

What have you enjoyed? What have you learnt? What will you try to work on? (personal target)

Ask each child to give someone in the group a compliment.

**Friendship – How to control your anger**

**Session 6**

**Learning Objective**  - To learn what anger feels like and understand how it affects what we do.

**Welcome** – Establish ground rules for the group, to be displayed at every session. Explain that all the work they do will be made into a book so they can remember it.

**Warm up activity** – Sit in a circle and pass round a toy, ask the following

* Discuss different things that make you feel angry and how they can be different degrees of anger
* As a group – share things that make you feel angry and sort them into an anger scale

**Core activity**

Chn complete their own anger scale

**Juice and biscuits**

**Reflection and compliments**

What have you enjoyed? What have you learnt? What will you try to work on? (personal target)

T reads scenario cards and asks the girls – What would you do in that situation?

Ask each child to give someone in the group a compliment.