**Friendship – How to control your anger**

**Session 7**

**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

* Play an emotions charades game – chn to act out an emotion using their facial expressions and body language – chn to guess what the emotion is
* Focus on the emotion anger (use inside out character as a visual reference) What happens to your face? Chn use mirrors to focus on what happens to their faces when angry
* How does it make you feel inside? Refer to visual example of a volcano and how when you are angry you can erupt like a volcano. Talk about the effects it can have on other people when you erupt

**Core activity**

Chn create their own angry volcano – identifying what they say or how they behave when they ‘erupt’

**Juice and biscuits**

**Reflection and compliments**

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

Chill skills – teach chn strategies they can use to calm down

**Friendship – How to relax/calm down**

**Session 8**

**Learning Objective**  - To learn how to calm down when you feel angry/worried/stressed.

**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 does relax mean? How does it make you feel?
* What do you do to relax – at home/in school?
* As a group – share different things you can do to relax

**Core activity**

Mindfulness activity – chn colour in while talking about any worries/stresses they have.

Teach chn some chill skills to help them relax

**Juice and biscuits**

**Reflection and compliments**

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

Group meditation