**Friendship – How to control your anger**

**Session 3**

**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?
* What happens to your body on the outside?
* Complete anger assessment sheet

**Core activity**

Make stress balloons (using rice, flour, beads etc.) and calm down bottles

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 4**

**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

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

**Core activity**

Balloon activities – see attached (what makes you angry?/What you can do to calm down)

**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.