

SESSION 3: SUPPLEMENTARY MATERIALS

Family Activity Ideas

It can take practice to control and express anger in positive ways. These family activity ideas will support you and other family members in learning these new skills.

I FEEL...

At a family meeting, brainstorm a list of feelings. Divide a round paper plate into as many sections as there are feelings on your list. You may want to leave a couple of sections blank to add feelings family members think of later. Write a feeling in each section of the plate and attach a colored-paper “pointer” for each family member with a fastener. Then each family member can use their colored pointer to indicate how they are feeling at that moment. This is a good way to start any family meeting and may encourage family members to support each other.

LET ME TRY THIS AGAIN

Before a family meeting, family members write down a situation where they expressed their anger in a way they wish they hadn’t. For example, “On Tuesday I yelled at Aiden because he lost my memory stick,” or “Last night I got so angry that I chipped a dish because I was banging around in the kitchen.” In the meeting, family members go through their situation, using the controlling anger and/or expressing anger constructively skills.

FREE REWARDS!

Give each family member a stack of colored-paper slips, a different color for each person. Have each person write something they would consider a personal reward on each slip of paper. The rewards must be free or almost free, such as a hug, verbal recognition by other family members, a smiley-face sticker, 15 minutes of screen time, ice cream, or 15 minutes of playing a game together. All the slips go into a Reward Jar, and family members draw one of their reward slips when they’ve successfully controlled their anger and/or expressed it constructively. A variation: When one person earns a reward, all family members could draw a slip so that everyone benefits when anyone in the family controls anger or expresses anger constructively.

ANGER ICEBERG

Anger is a complicated emotion and can often serve as a mask for other vulnerable emotions. The anger iceberg is a visual that depicts this for children. Have each family member draw an anger iceberg that is personal to them and depicts their own underlying emotions. Encourage family members to share their drawings so that others can understand their feelings and sensitivities better, provide support, and know how to check in when anger comes out.