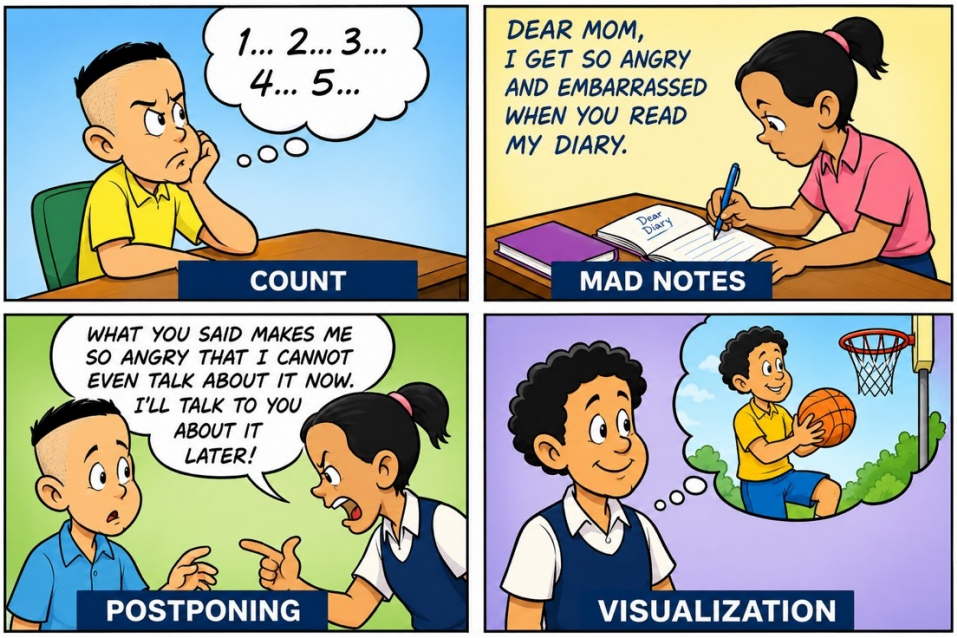
Lesson 16: It Makes Me Angry

Have you ever felt the way the children in the cartoons do? Draw a cartoon showing what makes you really angry.

When frustration is not resolved, we often become angry. Anger is a natural emotion that all peo- ple feel. ANGER DOES NOT HAVE TO END IN VIOLENCE. Sometimes we get so angry that we feel like a "bomb ready to explode." Nature has given our bodies a lot of energy so that we may act quickly when we are in danger. What do our bodies want to do with this energy? Is it possible to defuse this energy without hurting ourselves and others?

Some students your age have suggested techniques for defusing anger. In small groups, discuss them and add some of your own.



YOUR CHALLENGE!

Practise one of these techniques and use it the next time you find yourself reacting in an angry way. Tell about it.

As a peacemaker I learned

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