

Duration	30 minutes	Grade	V,VI,VII
MR ANGRY MAN			
Aims and expected results	The aim of this exercise is to enable the child to feel in control of his 'big feelings' by externalizing them. That is to say that by personifying them, or making them into another person, the child can view them (or it) objectively and not become subjectively overwhelmed.		
Materials	<ul style="list-style-type: none"> - Paper - Pencils, coloured pens 		
Description of the activity:	Introduction	Teacher explains students that you understand them when they feel angry and it is like there is a Mr Angry Man who has a habit of sneaking up and taking over almost without him realizing what is happening.	
	Main activity	<ul style="list-style-type: none"> – Ask them if they would like to draw this Mr. Angry Man. – When Mr. Angry Man has been drawn a dialogue can be instigated in which the child can tell Mr. Angry Man how fed up he is with him sneaking up and that he wants him to go away, etc. – If applicable, a role-play exercise can be used in which the child rehearses a situation where Mr. Angry Man might sneak up. The drawing can then be used for the child to face Mr. Angry Man and tell him to 'go away'. – Additionally, the process can be turned into a kind of game in which the child has to see if he can outwit Mr. Angry Man and banish him before he takes over. 	
	Conclusion and Evaluation	If the teacher is experienced about breathing techniques, he may teach the students some of them that make them reduce anger.	
	Notes:		



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