



Anger Management

Healthy Living Youth Zone

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Wakenagun Youth Healing Lodge

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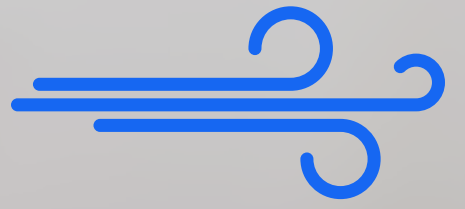
Pelican High Peak Youth Healing Lodge

Agenda

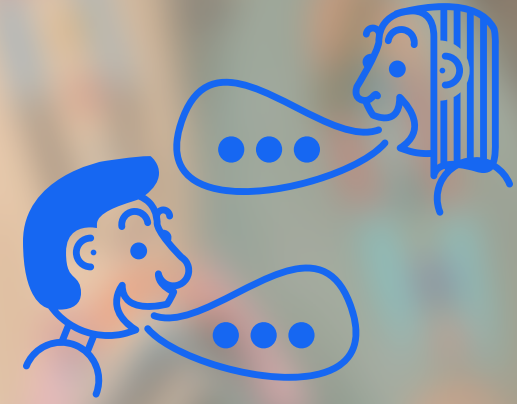


1. Just Breathe Video (5 Minutes)
2. Sharing Circle (5 Minutes)
3. What is Anger? (5 Minutes)
4. Personifying Our Anger (15 Minutes)
5. Good/Bad Anger (5 Minutes)
6. Break (5 Minutes)
7. Physical Signs of Anger (10 Minutes)
8. Identifying Our Triggers (15 Minutes)
9. Taming Anger (5 Minutes)
10. Final Thoughts and Resources (5 Minutes)

Just Breathe



Sharing Circle



Share one word, a phrase, or a statement that comes to mind when you hear the phrase "*anger management*"



What is Anger?

- Anger is defined as a strong feeling of annoyance, displeasure, or hostility.
- Moreover, anger is an emotion characterized by antagonism toward someone or something you feel has deliberately done you wrong.



Personifying Our Anger



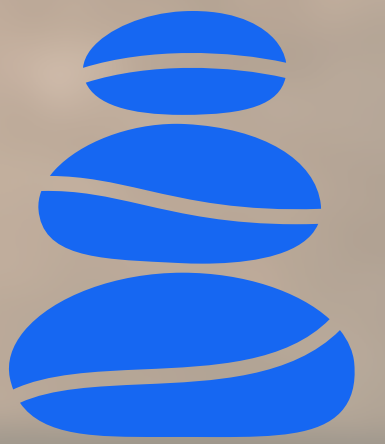
Our anger is a part of us but it doesn't have to control us. Anger is a powerful emotion and often feels overwhelming and unsettling when young.

How about we give our anger a name and draw a picture of what you think it might look like.

(you may draw outside of zoom if uncomfortable sharing)



Are We Supposed To Avoid Anger?



No! We are only human and anger is another emotion we have like happiness and sadness.



Anger can help us when we are threatened. It makes our bodies ready to fight. It helps us move quickly or fight strongly when we are in danger. Anger can help us make a change and it can also help us speak up for ourselves.



However, feeling angry all the time can cause problems. Acting out in anger can also cause problems. We can hurt ourselves and we can hurt other people.

Let's Take a Break!



Let's take a 5 minute break, try and solve these "mad gabs" which are words that are related to the emotion "anger".

Fur Rust Tray Ted

Anne Oh Hoy Ed

For You Are He Us

Purr Row If Oak Tah

Physical Signs of Anger



Being aware of the physical signs of anger can help you to notice when you are becoming angry rather than acting out from anger.

- Clenching your jaws/fists
- Grinding your teeth



Let's try and identify other physical signs of anger.



Identifying our Triggers

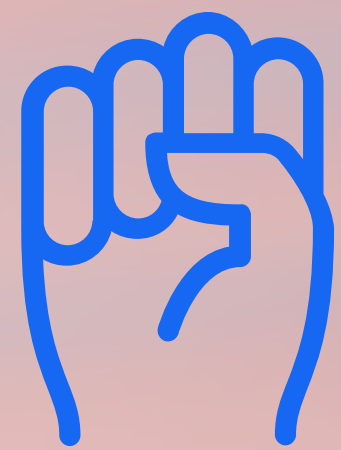
Being aware of one's own triggers can help you to circumnavigate frustrating situations altogether. For example, loud noises may be distracting and makes you more vulnerable to getting angry.

It's easier to feel angry than ashamed, embarrassed or hurt. Our subconscious wants to protect us so it sends in its defense team. The anger iceberg metaphor is a fantastic visual that depicts this for kids and builds self-awareness.

Copy my outline and give this a try on a blank paper!



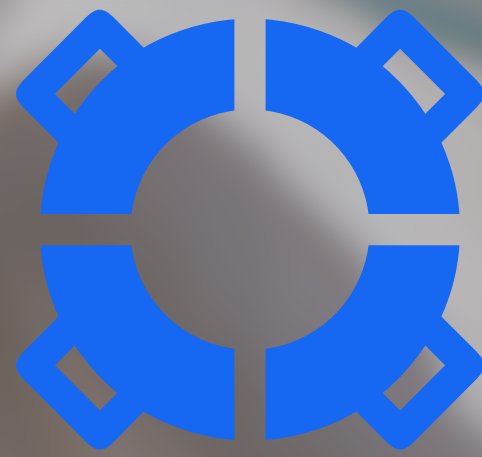
Tips to Control Our Anger



1. Think before you speak
2. Use exercise when angry
3. Take a step back
4. Practice relaxation skills
5. Use humor to release tension
6. Forgive and let go of grudges
7. Seek help from others in the community



Final Thoughts and Resources



1. **Make a safe landing space for anger** - another way to help regulate anger is by building a "chill out corner" to go to when feeling angry.
2. **Indigenous EarlyON** - Another external website with a wealth of cultural resources that promote wellness for youth!

Special shoutout to Austin T for the knowledge and activities! Miigwetch, give him a thumbs up on teams :)

