

Aggression

Age: Key Stage 3/4

Outcomes:

- Recognise circumstances leading to intense emotions that may be difficult to manage.
- Explain a range of positive strategies for managing difficult emotions.
- Assess who, how and why to ask for support when it's needed.

Resources:

- Ball
- Flipchart paper
- Pens and pencils
- Sticky notes.

Activity	Description
1. What frustrates you?	Pass a ball around the classroom. When a student holds it, they can say something that someone might find frustrating. It can be something big or small. Note the different things that people find frustrating.
2. What's going on?	<p>In small groups, ask students to talk about something they have seen in a magazine or the media about someone being aggressive (e.g. road rage or public arguments). Share some of these.</p> <p>Ask students to consider the things that might have been going on (we have to make some assumptions or talk more generally about what can create feelings of anger). How do people react to feelings of anger or frustration? Draw out of the discussion that what may not be frustrating for one person, can be frustrating or stressful for somebody else.</p>
3. Role Play	<p>For each of the things discussed at the beginning of the session that people may find frustrating, ask students to talk about what they could do to help ease those feelings and help work towards a more positive outcome.</p> <p>You can get the groups of students to act this out in role play; both the frustrating situation and a positive outcome as opposed to aggression. Discuss what the person in the role play was thinking and therefore feeling. What needs to change to help manage the situation without developing angry feelings and the possibility of aggression?</p>
4. Reflection	<p>Feedback as a class and share ideas. Which positive outcomes did they think were the most realistic or the best ideas?</p> <p>What can they do to try to relieve feelings of frustration and anger?</p>