

# angry **ANGRY** Angus

Helping your child talk about feelings  
Teaching resource pack



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# Teaching resource pack

## Specific learning opportunities

The pack aims to specifically address the learning outcomes detailed below, these objectives form part of the PSHE Association's Curriculum Guidance and contributes to a spiral curriculum which prepares pupils to understand and engage with statutory Sex and Relationship Education (SRE) in maintained secondary schools. The pack reflects three of the over-arching concepts of the PSHE Curriculum guidance; Identity, Relationships and a Healthy, Balanced Lifestyle.

*H4. about good and not so good feelings, a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings*

*R1. to communicate their feelings to others, to recognise how others show feelings and how to respond*

*R2. to recognise that their behaviour can affect other people*

*R11. that people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable)*

## Lesson plan

**Read 'Angry Angry Angus' with the class.** Pay particular attention to how the words 'think', 'feel', 'know' and 'remember' are used. Stop to describe the body language shown in the pictures. Then:

- Choose the most appropriate activity sheet to complete with the class. Print or photocopy the sheets for each member of your class.
- Try a game like musical statues, but when the music stops the children have to look angry, make it more interesting by asking them to pretend to 'be angry like a.....'. For example; 'angry like a cat' or 'angry like their friend'.
- Try a mindfulness exercise where the children have to tense all their muscles and then let them relax. They should hold for a count of 10 and then relax for a count of 10. They repeat this for a couple of minutes, maybe while you play some relaxing music.
- Most importantly, let the topic generate discussion! The children need to practice using the words they have learnt and they need to practice talking about how they feel!

## List of activity sheets

<b>Draw a person who is happy and a person who is angry</b>	Ask the children to draw a person who is happy and a person who is angry on the same piece of paper. Look at the differences between the pictures and get the children to explain what they have drawn. Some of the differences will be very subtle, like spiky fingers on their angry drawing or using lots of red. Other differences will be more obvious, like the shape of mouths or eyes.
<b>What I do when I feel angry and what I can do to feel better</b>	Ask the children to draw what they think they look like when they are angry, this helps them to reflect on how they look to other people. By asking what they do to feel better, they can start to link the feelings with an action and gain insight into regulating their own feelings. Do these two exercises on the same piece of paper, these can be kept for times when the child is feeling angry and needs reminding about how they would like this to be addressed.
<b>Things that make me happy and things that make me angry</b>	Asking the children to identify what makes them feel angry can give them insight and help them regulate their behaviour. When the children have finished drawing you can have a discussion as a class which will help them develop empathy for what makes others feel angry and happy too.
<b>How do I help my friends feel better when they are angry</b>	Ask the children to draw what they do when their friends are angry, this is a less restrictive activity because the children may draw friends who are angry for lots of reasons and they may draw themselves reacting in many different ways. Children often work better in the second person, meaning that the reason their friend is angry is probably a reason they would get angry themselves. This could be reversed to ask 'What would your friend do if you were angry?'

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## Activity sheet

- Draw someone who is happy.
- Draw someone who is angry.

*Happy*

*Angry*



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**Activity sheet**

- Draw what you do when you feel angry.
- Draw what you can do to feel better.

*What you do when you feel angry*

*What you can do to feel better*



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**Activity sheet**

- Draw things that make you feel happy.
- Draw things that make you feel angry.

*Things that make you feel happy*

*Things that make you feel angry*



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**Activity sheet**

Draw what you do when your friends are angry.

