

Guidelines for Anger Homework

Dear Teacher: The assignment itself is simple. Each child asks five people what they do when they get angry and records those answers. (See following form).

Questions for the classroom: (Use ours or craft your own.)

1. Did you get any good ideas, something you might try yourself?
2. Do you think you might talk again with any of the people on your list?
3. Of the five answers which one did you like the best?
4. Were you surprised that everyone has problems with anger.

Optional Art Project:

The children make angry masks out of paper plates or paper bags. Let them look at each other. Then ask them what they think is behind an angry mask. Could it be fear.? Maybe the person was hurt? Maybe they lost something or someone precious to them. Maybe they are frustrated because they want to do something very badly and can't. Next time you see an angry person maybe you can figure out what is behind their mask? Next time you get angry maybe you can talk to someone about what is behind your angry mask?

Even those who do not care for Bible verses might wish the following quote could be sent to as many of our world's leaders as possible.

"Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city." Proverbs 16:32 (ESV)

Answers to "What Do You Do when You Get Angry?"

Someone in your Family: _____

Someone over 50: _____

Someone your Age: _____

Someone of a different skin color: _____

A school teacher or counselor (not necessarily your own school: _____

Other possibilities: A man, A woman, someone who hardly ever gets angry, the parent of a friend, someone under 30. _____

