

Tipping Point: When Anger Builds Up



The point of this simple game is to develop children's awareness of how anger may build up and then tip over at unexpected points.

Some children may have specific triggers for their anger, but it is good for them to understand that other factors may make it more difficult for them to keep their calm.

This activity can be differentiated to suit different age groups by writing age-appropriate statements.

You will need a game with an unpredictable element, such as Buckaroo, Ker Plunk, Pass the Bomb or Pop up Pirate. We have written this activity plan with buckaroo in mind, so please adapt the method to the game you have.

Introduction:

- Set up the game and ask your class to sit round it. Ask the class if they can guess what happens in the game. Encourage them to think about how unpredictable the game is.
- Explain that they are going to listen to something that has happened and imagine how they would feel if it happened to them. For young children it may be useful to have a word bank: stressed, annoyed, sad, angry etc

Consider the children and their backgrounds/experiences carefully when assigning statements from below.

Ensure there is someone who can look after any children who may feel sensitive in the session.



Get playing:

- Introduce a statement and ask one child how this would make them feel.
- Ask them to put the saddle on the donkey.
- Read out another statement and ask another child how this one would make them feel.
- Ask them to place an object on the saddle.
- Ask the class whether they think the donkey is going to buck before placing each object.
- Repeat until the donkey bucks.
- Ask the children what they think happened. Encourage them to think about how feelings can build up until you can't hold them in any more.

Get playing:

- Give your class more chances to play and try out different statement.

Plenary:

- Recap on how we can't always tell when something is going to make us upset.
- Ask your class for suggestions of what they can do if they are feeling like their emotions are building up.

Statements:

A friend pulls a nasty face at you

Another child snatches a toy you are playing with

The teacher tells you off in front of other people

You drop some pudding down your school uniform

You fall over and hurt yourself

You get told off for something your friend did

You get hit by a ball in the playground

You get an answer wrong in your maths

Some other children call you rude names

You drop your favourite picture in a puddle