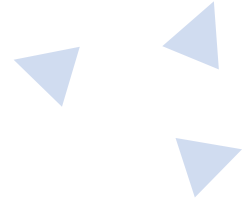


Burnaby Children's Charter
Resources and Book List
December – The Right to Sleep and Rest



Book List:

Good Night Yoga by *Mariam Gates* (ages 3-7)

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The race against anger

Right to protection from violence (CRC articles 19, 32-38) and responsibility to choose non-violent ways to act

Age	8+
Time	25 minutes
Materials	2 large sheets of paper, 2 markers, objects for an obstacle course(chairs, tables, cones, costumes)
Values	Cooperation, respect
Life skills	Self-awareness, self-management, effective communication

About this activity

Group members complete an obstacle course and write a strategy for dealing with anger. Then, in the group discussion, they think of ways to deal with anger and identify ways to resolve problems peacefully in the group.

Instructions

1. Introduce the activity by talking briefly about anger with the group:
 - What kinds of things do you get angry about?
 - What do you do when you are angry?
2. Now, ask the group to think of something they can do to help them calm down and avoid expressing their anger violently. For example, they could take deep breaths, talk to a friend, or go for a walk. Ask them not to say their idea out loud right away, because they will need it for the activity.
3. Create 2 identical obstacle courses using the objects that you have available. The tasks you create for the obstacle course should be easy to do, such as walking around a chair, crawling under a table, playing hopscotch, walking around in a circle with your index finger placed on the ground, or moving around cones with a hockey stick and a ball. The last task in the obstacle course is to have each team member write on a large sheet of paper (1 sheet for each team) their ideas to help them calm down when they are angry and to help avoid aggression and violence. Ensure that the course is accessible to all group members.
4. Set up 2 teams and set a time limit (e.g. 10 minutes).

5. All team members go through the obstacle course 1 at a time. When they complete the course, team members should high five the hand of the next team member to indicate that it is time for the next player to begin. Depending on how many team members are playing, they can do the course more than once.
6. Ask the group to encourage their team members.
7. After the time is up, ask each team to share their strategies with the whole group.
8. Move to the group discussion.

Group discussion



FEEL

- How did you like the activity?
- What was the hardest part? What was the easiest part?



THINK

- Is it normal to get angry sometimes?
- What are some signs of anger? How does your body react when you are angry?
- Did you learn any new ways of dealing with anger? Refer to the list of ideas generated during the activity and discuss them together.
- Why is it important to deal with anger non-violently?



ACT

- What can you do next time you feel angry?
- What can we do to resolve problems peacefully in the group?



Challenge

Invite the group to participate in a 5-minute silent meditation. Everyone should close their eyes and focus on their breathing.