

# Expressing Ourselves

**Time needed:** 20-30 minutes

**Recommended Level:** Grades PK-4

**Categories:** Empowering, Tolerance

**Common Core Standard(s):** Speaking & Listening;  
Writing to convey information

**Purpose:** Students will express how they feel when they are angry in a healthy way to avoid conflict.

## **DISCUSSION:**

Start a group discussion, asking students:

- Do you ever get angry?
- What makes you angry?
- How do you feel inside when you are angry?
- How does your body feel when you are angry?
- What do you do when you get angry?
- Is it the same as when you are sad?
- What can you do to calm down when you are angry?

## **ACTIVITY:**

Have students draw pictures or write stories, telling about a time that they were angry.

Ask willing students to share out their responses with the group.

Use student responses as conversation starters about anger, possible alternatives to reactions, and asking students to explore the pros and cons of particular reactions.

## **FOLLOW-UP:**

Ask students to role play acting out in anger and responding in different ways. Discuss how responding in various ways can help or hurt a situation.



Helping Everyone with Anti-Bullying,  
Respect & Tolerance

*Duplication and distribution of this lesson plan is permitted and encouraged.*

*For more information about HEART, please visit [www.cypressevansville.org](http://www.cypressevansville.org)*