

Anger Awareness

TARGETED



A short, accredited course in 'Anger Awareness'. Participants will be encouraged to identify their own triggers for, and symptoms of, anger. They will be introduced to a range of tools and strategies for taking control of their anger and will examine the thinking patterns that feeds their anger. Participants will also learn a range of relaxation techniques.

Target Group	Age 12-21, Mixed or single gender
Group Size	Up to 10 Students
Outcomes	<ul style="list-style-type: none"> • One credit at Level 1 • Identify their individual triggers for anger and their individual warning signs. • Identify a situation in which they have controlled their anger. • Respond to confrontational situations appropriately. • Understand the effect of their expectations of other people. • Practise relaxation exercises to help calm down.
Format	Small group work Interactive exercises Discussions Worksheets
Key Skills	Communication Working with others Reasoning skills Evaluation skills Creative thinking skills
Duration/time	Average 5 x one hour sessions
Required Environment	Flexible Seating, Whiteboard or Flipchart
Evaluation Method	Young Person's evaluation form, photographs, sample portfolios

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