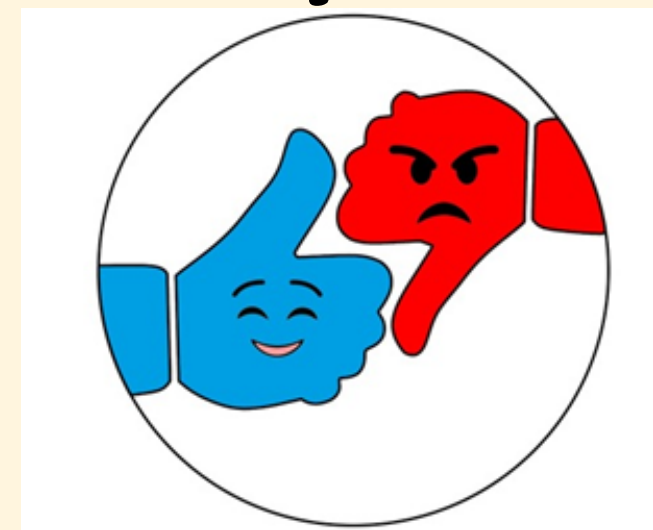


Peaceful Schools with
Anger-free classes



Erasmus+

Anger Free Classes' Activity Pack



Agreement number: 2020-I-PL01-KA229-081470_1



Introduction

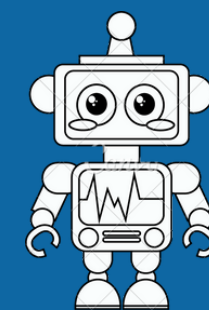
This detailed activity pack offers a diverse range of experiences, promoting not only fun and creativity but also essential life skills like problem-solving, communication, empathy, and self-expression. Enjoy the journey of discovery and connection!



Problem Solving Activities

Riddle Challenge

Provide a collection of riddles, logic puzzles, and brain teasers that participants can work on independently or in groups. Encourage critical thinking and creativity.



Friendship Activity

Friendship Web

Participants sit in a circle. One person holds a ball of yarn and shares a positive memory or compliment with someone else in the circle, then tosses the yarn to them, holding onto the end. This person does the same, creating a "web" that symbolizes the connections and bonds of friendship among the group.

Dice Roll Game

Roll & Share

Create a customized dice with various symbols or actions (e.g., smiley face, dance, tell a joke). Each number corresponds to an action. Participants take turns rolling the dice and performing the action associated with the number rolled. This encourages laughter and camaraderie.

Firefighter Game

Rescue Mission

Set up an obstacle course or series of challenges that represent "rescue missions." Participants work in teams, taking on the roles of firefighters. They must cooperate to complete tasks like "rescuing" stuffed animals, crawling under "smoke" (limbo-style), and extinguishing "fires" (balloons). Emphasize teamwork and problem-solving.

Hot Seat

Express Yourself

In the "Hot Seat" activity, one participant sits in a designated chair while others take turns asking them open-ended questions. Encourage the person in the hot seat to express themselves honestly, promoting self-awareness and communication skills.

Thought Tracking

Emotion Exploration

Present various scenarios or role-playing situations that evoke emotions (e.g., joy, anger, fear). Participants take turns acting out their thoughts and emotions, allowing them to explore and express their feelings in a safe and constructive way.

Tableau

Expressive Freeze

Divide participants into small groups and provide them with scenarios or emotions to portray using frozen poses (tableaux). Encourage creativity and expression as they use their bodies and facial expressions to convey meaning.

Conscience Alley

Decision Dilemmas

Arrange two lines of participants facing each other, creating a "conscience alley." One person walks through the alley while others offer conflicting advice or opinions, helping the walker explore different perspectives and make decisions.

Pantomime

Silent Storytelling

Teach participants the art of pantomime, where they act out actions, emotions, or stories without using words. Participants can create short pantomime skits or perform classic scenes to enhance their non-verbal communication skills.

Drama Workshop

Creative Exploration

Organize a drama workshop where participants can either perform scripted scenes or engage in improvisational activities. This fosters creativity, teamwork, and self-expression through the medium of theater.

Acrostic Poem

Expressive Poetry

Provide participants with a theme or word related to the activity pack's focus. They create acrostic poems where each line starts with a letter from the chosen word. This activity enhances language skills and encourages creative expression.

Acrostic Poem

Here's an example of an acrostic poem for the phrase "Anger Free"

**A way to stay calm, and not let tempers flare,
No need for anger, it's a choice we can share.
Grateful for patience, we'll let kindness lead,
Embracing understanding in every word and deed,
Resolving conflicts peacefully, that's our creed.
Feel the peace within, as anger takes its leave,
Reaching for serenity, it's what we all believe,
Every day can be better, when we're anger-free.**

Jenga

Balancing Act

Include a Jenga set for a classic game that tests participants' fine motor skills, strategy, and patience as they remove and stack wooden blocks without causing the tower to collapse.

Passport to Fun

Global Adventure

Design a "passport" that includes pages with information, facts, and activities related to different countries or places. Encourage participants to "travel" to these destinations by learning about their cultures, traditions, and geography.

The Skin You Live In

Inclusive Storytime

Incorporate a reading or storytelling session featuring the book "The Skin You Live In" by Michael Tyler. Afterward, engage in discussions about diversity, self-identity, acceptance, and the importance of embracing our unique qualities.

Stop, Slow Down, Continue

Cards consisting of inappropriate behaviors, calming strategies and strategies for dealing with anger are prepared. 3 circles are prepared: red, yellow and green. Appropriate sentences are placed inside these circles. "Before we harm someone with our body or our words, we CAN STOP (red). We can SLOW DOWN (yellow) and be calm while deciding what to do. We CAN CONTINUE by doing constructive things like talking and listening, forgiving and respecting someone (green)."

This activity helps students control their behavior in times of anger.

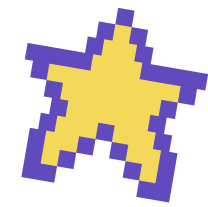
Frost! Take A Breath!

It can be played outdoors with one or more children. As an activity, students can dance. Meanwhile, students are given Frost or Breath instructions. The child then needs to remain still and take three deep breaths before returning to activity. It is a popular game in general because it is instant and interesting. "Frost!" The instruction also improves impulse control skills.

Glitter Bottle

You can think of it as a snow globe without a figure inside. Add water, glitter and a few drops of glycerin into the clear plastic bottle. Close the bottle cap tightly and shake. The sparkles in the bottle are very similar to our emotions. When we are 'shaken' we feel like our thoughts and emotions are all over the place. However, if we focus on our breathing and quiet our body and mind, the brightness in the bottle will begin to sink to the bottom, just as the emotions calm down. The glitter bottle serves as a simple visualization of emotions coming and going and is a good tool for taking a break.

Thank you for collaboration!



Szkola Podstawowa Nr11 im. mjr. Jana Piwnika " Ponurego" (Poland)



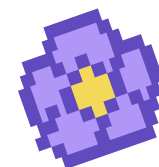
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