



# PROGRAMME 25: VIOLENCE

## AIMS

The aims of this topic are for children to deal with their anger in positive ways that do not include violence and to learn how anger affects others.

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## LEARNING OBJECTIVES

Children will learn:

- Various ways to deal with anger.
  - To seek advice from a mediator for fair decision making.
  - That disagreements can be solved positively.
  - To develop a positive view of themselves and others.
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## SKILLS

- Communication
  - Sociability and co-operation
  - Problem solving
  - Work and study
  - Self-management
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## VIRTUES

- Reliability
  - Responsibility
  - Assertiveness
  - Confidence
  - Trust
  - Mercy
  - Consideration
  - Patience
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## Lesson (adapt for Juniors)

View the DVD **Violence** before teaching the lesson. This lesson can work in conjunction with *Liar Liar*, *Bully* and *Respect*.

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1. Have children write a diary entry or account on one/some of the following:

- |  |  |
|--|--|
| a. A time when they felt upset                     | b. A time when they felt angry   |
| c. A time when they felt something was unjustified | d. What they did when they felt angry (teacher to ask)                             |
| e. Did anyone get hurt? (teacher to ask)           | f. What alternative actions they could take besides getting angry (teacher to ask) |

Have volunteers come forth and read out their journal entries. Discuss with the children the best choices they could have made that involve them finding a solution that did not hurt anyone else.

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### 2. Positive Ways to deal with Anger

Children should always know that it is okay for them to feel angry. They should devise different options for dealing with their anger. Have children brainstorm and chart different actions to take when they feel angry.

- |   |                                 |
|---|---------------------------------|
| - take a walk outside to calm down etc                    | - sit with nature               |
| - draw/paint a picture of their feelings                  | - read a book                   |
| - write a letter about how they are feeling               | - go for a run around the field |
| - talk to a friend about your feelings                    |                                 |
| - talk to a teacher or mediator about solving the problem |                                 |
| - complete a chore for the teacher or caretaker or parent |                                 |
- (emphasise that these are positive options)

### If you feel like getting physical with someone:

- |  |                                 |
|--|---------------------------------|
| - Put your hands in your pockets             | - Take a few slow, deep breaths |
| - Imagine a safe place                       | - Stay cool                     |
| - You have the power to control how you feel |                                 |

### How can you tell if someone is getting angry?

Brainstorm with the children some of the signs that someone is getting angry. Emphasise with children that it is okay to feel angry but not to get violent. If they see someone they know who looks as though they could be violent, there are things they can do.

### What can they do?

- do not spend time alone with someone who shows warning signs
- try to move away from the person
- tell someone you trust and ask for help; teacher, parent, coach, minister or friend
- if you are worried about your safety, you must have someone take care of you
- you must say something



## Non-Violent Scramble Time

Name: .....

Date: .....

Unscramble the following virtues.

1. epniirsosblt.....

2. ofcdncniee.....

3. eycrm.....

4. aineptec.....

5. eibltrlaiiy.....

6. rsttu.....

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## Non-Violent (*Juniors*)

Name: .....

Date: .....

It is always good to find other ways to deal with your anger. Find the words in the word search by drawing a line through them.

H	G	U	A	L	B	I	M
K	X	B	T	O	L	E	Q
B	M	V	P	O	S	E	S
H	A	P	P	Y	U	A	T
E	L	I	M	S	F	C	N
G	U	H	V	E	C	I	H
B	G	E	B	Q	C	Q	A
R	P	M	H	E	K	Q	U

Happy
Hug
Laugh
Nice
Safe
Smile
Touch

## Supplementary Activities

### Drama

Role-play a variety of school and home scenarios where children might be faced with violence. Have children think of positive alternatives.

**Fuzzy Chair** - Have a special chair in the middle of a circle of children. Have a child sit in the Fuzzy chair. The other children in the classroom have to take turns saying nice things about the middle person. The child in the middle says 'Thank you' only after each statement. At the end of the activity ask the child how she or he felt after the compliments.

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### Visual Language

Draw a poster of somebody you respect and admire because they never lose their cool, to hang in the class as a role model (sports people, television personalities).

Create a poster with the motto "If you want to be cool, keep your cool," showing a situation where someone deals with their anger in a positive way.

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### Social Studies

Think of and research ways that your class can help your school with violence (e.g., peer mediators/posters to go in the library).

Develop a peace treaty where statements reflect non-violent guidelines to follow such as 'Always treat others as you would have them treat you'. Have all children in your class sign it.

Have your local police officer come in and give a talk on what to do to create positive solutions that deal with anger and violence.

Find out about people who used non-violent ways to get their message through.

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### Virtues Day

Have a virtues day on one for the virtues given for the lesson. Brainstorm ideas with the class and have children role play these virtues. Give positive reinforcement to children who display these virtues.

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### Written Language

Devise ways to cope if you think you are going to get violent then write them down as a memory jog.

Write an account of a time when you lost your cool and a time when you 'kept' it.

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