

Teacher's notes

Unit 34 Anger is a cover emotion 1

Before you start

Recap previous session: We can choose our response to an emotion.

Duration guide

1 twenty-minute session

Students will need

- to sit with their buddy.

The purpose of this session is to understand that anger is a 'cover' emotion.

Introduce the session and read through the example. It is designed to show how there is another feeling under the anger.

Tell the students to work through the questions under the example together with their buddy.

Clearly the feelings under Chris's anger are something like hurt and betrayal. He thinks it is unfair that, after all he has given to the team, he has not been included because of what he sees as a minor incident.

Talking to the captain may mean that Rob realises he has made a mistake. Or maybe Rob has a very good reason for leaving Chris out this time. However, if Chris is straight with Rob and tells him how he is feeling, Rob will be able to explain clearly what is going on.

Communicating the feelings will create a happier outcome than acting out the anger.

Student activity

Unit 34 Anger is a cover emotion 1

**You will need**

- to work with your buddy.

**The purpose of this session is to understand that anger is a 'cover' emotion.**

Anger is what we use to cover another negative emotion. We may feel hurt or frightened or sad or guilty or something else. These are emotions that we don't usually enjoy feeling; being angry and blaming someone else instead helps to cover these feelings.

Action

With your partner, consider the following situation:

Chris really enjoys playing football. He is not the best player in the year but he is good enough to get on the team and practises regularly.

One week he has flu so is off sick. When he comes back to school he finds that he has not been included on the team for the next match. He is really angry. He goes to find Rob, the captain of the team, shouts at him and punches him hard on the nose. He is excluded from school for a week and banned from the football team.



With your partner, retell the story with Chris realising what emotion lies under his anger. What might it be? How can knowing this and talking to Rob about his feelings instead of acting out his anger change the situation?

Remember a time when you felt angry recently, or maybe you feel angry about something right now. Ask yourself what you felt/feel underneath. Trust the feeling that comes into your mind and allow yourself to feel that. You will know it is the right feeling because the anger will disappear.

With your partner, discuss how understanding the feeling underneath the anger might change the situation you were in then, or are in now.

**Food for thought**

Communicating feelings will create a happier outcome than acting out the anger.