

Year groups: KS1 & KS2	
Curriculum area: PSHE	Focus of lesson: Anger
<b>National Curriculum Reference:</b>  Pupils should know: H11. about different feelings that humans can experience H12. how to recognise and name different feelings H13. how feelings can affect people's bodies and how they behave H14. how to recognise what others might be feeling H15. that not everyone feels the same at the same time, or feels the same about the same things H16. about ways of sharing feelings	
<b>Learning Objective(s):</b>  - To be able to define and list symptoms of anger - To be able to name key adults who can provide support	<b>Assessment Strategies:</b>  - Group discussion - Ideas on sticky notes
<b>Resources:</b>  Sticky notes, Breathe activity sheet, scissors, pencils, glue	

Time	Teaching and Learning Activities  Key Questions and Vocabulary	Support and Challenge
10 mins	Begin by asking students to recall a time when they felt angry and discuss any symptoms they felt. Have them discuss their experiences in partners. Feedback to the class and physical and emotional symptoms. Write ideas down on sticky notes to stick on whiteboard.	Here are some resources to look at to aid understanding:  <b>Books for KS1:</b> - I Am Stronger Than Anger – Elizabeth Cole - When I Feel Frustrated – Michael Gordon - Frustrated Ninja - Mary Nhin  <b>Books for KS2:</b> - Anh's Anger – Gail Silver - Don't rave and rant on Wednesday's – Adolph Moser
15 mins	Watch video: <a href="#">Why Do We Get Angry?   The Dr. Binocs Show   Best Learning Videos For Kids   Peekaboo Kidz - YouTube</a> Discuss what chn think about the video.	
15 mins	Complete anger signs worksheet: <a href="#">Signs of anger (Breathe Education) – Breathe Education (breathe-edu.co.uk)</a>	
15 mins	When we're angry, it helps to take deep breaths to help us to calm down. This helps us to think more about positive choices that we can make. Watch video: <a href="#">Animated Short Film " DO NOT BE ANGRY " - YouTube</a>	

5 mins	<p>What could the boy have done when he started to feel angry? What activities could he do afterwards to help him to calm down? (Make a list of activities on whiteboard)</p> <p>Plenary – Practise one of the breathing technique links</p>	<p>Breathing techniques: <a href="#">Bring It Down - Flow   GoNoodle - YouTube</a></p> <p><a href="#">Rainbow Breath - Flow   GoNoodle - YouTube</a></p> <p><a href="#">Melting - Flow   GoNoodle - YouTube</a></p>
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