

ROOTS AND WINGS
THIRD GRADE
LESSON FIVE
(Rev. 6/04)

I. Review

- A. Ask a student to hand out nametags for you.
- B. Ask students if they remember what they did the last time you were there.
- C. If you did not collect the booklets to save for OPEN HOUSE in the spring, ask if anyone shared their booklets with their parents.

II. Overview

Today we are going to talk some more about feelings. We are going to talk about anger.

III. Program

A. “Would you rather?” Activity.

- 1. Ask students to listen to your “would you rather” statements. If they rather do the first of the two choices, they should hold up one finger. If they rather do the second of the two choices, should hold up two fingers. They must decide one or the other, and to think for themselves (not just do what everyone else is doing).

Ask the group: “Would you rather...”

- ...go to the movies on a beautiful sunny day **OR** go swimming on a cool, cloudy day?
 - ...Play a sport **OR** watch a sport?
 - ...Be too hot **OR** be too cold?
 - ...Read a book **OR** do a math problem?
- 2. Continuing with this activity, ask the group:
 - Would you rather feel angry **OR** feel sad?
 - Would you rather feel angry **OR** feel jealous?
 - Would you rather feel angry **OR** feel hurt?
 - Would you rather feel angry **OR** feel embarrassed?

3. Tell students “Feeling sad, jealous, hurt or embarrassed can be very painful. These are difficult feelings to have. Most of us would prefer to feel angry over those other feelings because anger is less painful. Often times we mask or cover up these harder feelings with anger. For example, when someone calls you a name that hurts your feelings, you are actually feeling *hurt*, but you might turn that hurt into anger because it is easier to feel angry than it is to feel hurt.”
4. Using a paper plate with an angry face drawn on it, demonstrate how people mask their anger.
 - a. Hand the Statement #1 Card to a volunteer and ask him or her to say it to you: “I don’t want you on my team because you can’t play soccer very well”.
 - b. After the volunteer says it to you in front of the group, tell the group that you are feeling hurt and then put the paper plate in front of your face to demonstrate how you covered this core feeling of hurt with anger.
 - c. Do this with several different volunteers, using the remaining Statements cards. Put the paper plate in front of your face to demonstrate how you hid
 - Statement #2 Card has the resulting core feelings of being sad and hurt (“You are not my friend anymore”)
 - Statement #3 Card has the resulting core feeling of being disappointed (“We can’t go to the beach this weekend since I have too much work to do.”)
 - Statement #4 Card has the resulting core feeling of being jealous (“I am going to the movies with Sally; she is a lot of fun!”)

IV. Evaluation

- A. Hand out the worksheet “Underneath my anger I feel...” and ask the students to color in the body according to what they feel underneath when they are angry.
- B. Ask students if they would like to share his or her drawing with the class.

V. Summary

Everyone experiences feelings that are painful - hurt, jealous, disappointed, sad, embarrassed, lonely, scared, etc.... Often times we mask or cover up these feelings with anger because it is less painful. Knowing about these other feelings can help us understand why we may feel angry a lot. It can also help us figure out ways to react appropriately.

MATERIALS NEEDED:

- 1. Paper plate with an angry face drawn on it.**
- 2. Student copies of “Underneath my anger I feel” worksheet**
- 3. Core Feeling statement cards (4).**

Lesson Purpose: Students will learn to look for the core feelings that are often masked by anger.

Objectives:

- 1. Students will learn about the core feelings people mask with anger.**
- 2. Students will learn that they are not alone in masking painful feelings with anger.**
- 3. Students will feel more in control when they are angry.**

Underneath my anger, I feel...

Jealous = Green

Sad = Blue

Scared = Red

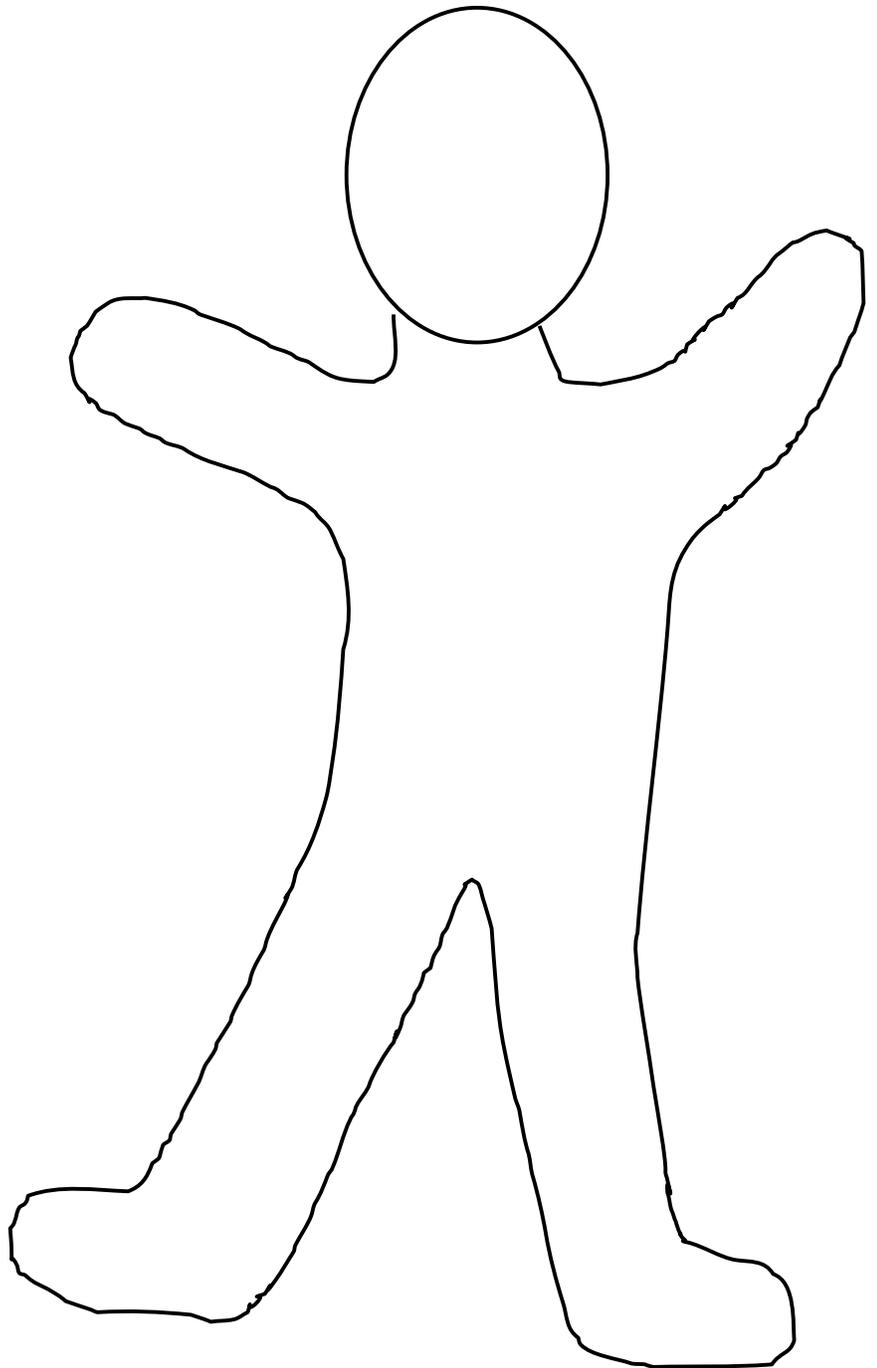
Embarrassed = Orange

Hurt = Brown

Lonely = Purple

Worried = Yellow

Other feelings = Black



Color the person
with the feelings
you most often have
when you get angry.

Core Feeling Statement Cards

(Glue each one onto an index card)

Statement #1: “I don’t want you on my team because you can’t play soccer very well”.

Statement #2: “You are not my friend anymore”.

Statement #3: “We can’t go to the beach this weekend since I have too much work to do.”

Statement #4: “I am going to the movies with Sally; she is a lot of fun!”