

Soda Pop Head

Activity and
Idea Book

Sample



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Practical Guidance Resources
Educators Can Trust

A special “Thanks!” to Laurel Klaassen – One of the best counselors in the business!

A Note to Parents and Educators:

Everybody gets angry. Anger is a normal human emotion. Sometimes the cause of our anger can easily be identified, other times it cannot.

When anger takes control of who we are and what we do, unfortunate things can happen. The goal of this activity book is to offer kids of all ages “hands on” tools and activities to use in controlling their anger.

It is important to teach children that it’s ok to feel angry. It’s what they choose to do with their anger that can make the difference. Bottling up anger or repressing it can have devastating health consequences. Letting anger out in inappropriate ways can be self-destructive.

You cannot take an angry child and “fix” him so he is no longer angry. His anger is a part of who he is. Unfortunately, if the child does not receive intervention, the anger will end up dictating who he becomes. Your best course of action is to teach the angry child how to manage his emotions and actions and channel them toward productivity...in essence, teach the child to “control his fizz!”

If we can teach children how to recognize and manage their anger, and channel it toward productive or at least acceptable outlets, they will be more successful in life.

Finally, always remember: “Laughter is the best medicine when treating the Anger Flu.”

BEST!

Julia Cook

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Summary: A supplementary teacher's guide for *Soda Pop Head*.
Full of discussion questions and exercises to share with students.

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The Rules for Being Angry

Directions

Have students work together to create a poster including the following rules for anger:

When I get angry:

- I will not hurt **myself**.
- I will not hurt **others**.
- I will not hurt **property**.

When the poster is completed, have each student sign the poster and promise to follow the rules. A signature is important and symbolizes a promise and a commitment.

Materials

- Large Poster Board
- Markers



What Makes You POP?

Materials

- Several small strips of paper
- Pen or pencil
- 2 Round balloons
- Air pump (optional)

Directions

1. Take a balloon and blow into it (or use the air pump to inflate it.) Keep blowing until it eventually pops. When it pops, talk about how it made everyone feel (i.e. scared, startled, surprised, uneasy, etc.) Explain to the group that this is how other people feel when someone around them blows up and loses their temper.
2. Have each person in the group think about the things that make them angry and have them write each thing down on a strip of paper.
3. Take turns having each person read their strips. Each time a strip is read, blow into the other balloon. (This symbolizes how anger builds up inside of us.)
4. When the balloon is very full and about to pop, let the balloon go. As it soars through the air, explain that this is what happens when we control our anger and let out our fizz. We can keep our balloon from exploding if we know what to do.

Extra!

Brainstorm as a group ways to control your fizz (let the air out of your balloon.) Suggestions may include:

- Take 5 deep breaths and clear your head.
- Walk away from the situation and find a quiet place to sit down and relax your muscles.
- Write down or draw all of your feelings on paper.
- If you are in your classroom, try sitting at your seat and do the Push Pull Dangle. (Push down hard on the seat of your chair while you count to 10. Pull up hard on the seat of your chair while you count to 10. And then dangle your arms, and feel all of your stress leave your body.)
- If you are at home, go into your room, close the door and play your music really loud.
- If you feel really angry, try punching a pillow a few times.
- Get to bed on time at night.
- Eat healthy foods.

