

*This packet contains 2 "anger training" lessons for young kids to use in a family meeting. You can open the training with prayer, a song, by talking about the highs of everyone's day... Or just jump right in! You can use either of these trainings first, just look to see whatever you think your kids need.*

# family night lesson:

## Anger Training #1

I've noticed we've had some big feelings lately.

Let's talk about feelings a little bit. Do you know what it feels like to feel:

1. Scared? Where do you feel it in your body?
2. Excited? What makes you feel excited?
3. Angry? What kinds of things make you feel angry?
4. Hurt? How does it feel when someone hurts you?
5. Calm? What does it feel like when you feel calm?



Is it ok to feel all of those things? YES! Our body gives us those feelings, or EMOTIONS. when certain things happen to us. So... let's check... Is it ok to feel scared? Excited? Hurt? Angry? Calm? Yep. Some feel much better than others, but they are all ok to experience and to FEEL. Now, do you guys want to feel hurt for a long time, or a short time? Short, right? So let's talk about some ways that we can get through the yucky emotions we feel sometimes.

Scared: We usually feel scared because we are worried we might be in danger, right? It's a good thing our body tells us to be scared sometimes, because sometimes we ARE in danger! Like we might be afraid of someone that looks like a kidnapper, 'cause they might actually be a kidnapper! Or we might be scared to touch fire, because it could hurt us, right?! What are some things that make you feel scared? (listen and reply: it's a good thing that you felt scared, 'cause you want to check to make sure you're really safe!)

Do we need to stay scared for a long time though? Usually not! What is the opposite of scared? Brave! So if you're in your room by yourself and you are scared because you're not sure about a shadow on the wall, what can you do to help yourself feel more brave? We can go check it out! Take a big breath and say, "I'm brave!"

Excited: it's fun to feel excited huh?! That's an emotion that we don't mind sticking around! If we needed to calm down though, what would you guys do?

# family night lesson:

## Anger Training #1 cont...

Angry: We usually feel angry when something makes us upset... Feeling angry can be a good thing because it makes us want to figure out something better. Where do you feel it in your body when you are feeling angry?

Ok... So do we want to stay angry, or is that a feeling that would be better to let go of? Anger doesn't help us much if we hold onto that emotion. We have to move through it, and past it! We just leave it behind. What are some things we can do to let go of anger? We don't want anger to build up to where we're yelling at people! It's not ok to kick or hit someone. We can't hurt people's property. We need to be careful to not hurt people's feelings.

It's ok to: (note: make your own age-appropriate list)

Make a fist.

Take a huge breath.

Say, "I feel angry"!

Stomping is ok.

Draw a picture.

Listen to music or stories CDs.

Hurt: We don't like to feel hurt, do we? When we feel hurt, what should we do? We can take big breaths, ask for a hug, or think about something else that makes us happy.

Calm: What does it feel like when we feel calm? We can relax our muscles and enjoy things around us, huh? We love this feeling! This is one that we can try to feel when we want to get rid of the bad emotions.

Did you guys learn something new tonight? What are we going to do when we feel something we don't like? (Breathe!)

If you still have your kid's attention span, then do a role play with a few emotions! \*You could definitely break this lesson into 2 parts if that helps. Good luck! The biggest help is to show a good example and try your best to be calm yourself.



# speaking softly

## Family Night Lesson #2

\*This family night outline mentions Jesus. You can skip that part if necessary.

I've noticed some of our kids using their angry voices and mean faces inside the house. Have you guys noticed this? Why is this a problem?

1. It hurts our ears
2. It hurts our feelings!

Let's learn about using kind voices. Let's think about some people we love to be with. Who do YOU like to be with?

1. Grandma
2. Jesus
3. Mommy and Daddy
4. Friends

Do each of these people use loud voices sometimes? Let's see:

Grandma: Does she yell at you sometimes? No! She practices all the time to keep a nice, kind voice.

Let's pretend to talk like grandma!

Jesus: Does Jesus talk meanly to people? Let's look at what the scriptures say. Matthew 5:39-44: "Whosoever shall smite thee on thy right cheek, turn to him the other also... And if any man will sue thee at the law, and take away thy coat, let him have thy cloke also." So this tells us that even when people make us mad, we should stay calm, and not try to hit back. We can always be kind.

Mom and Dad: Do we yell sometimes? Do we yell every day when something doesn't go right?

Friends: We love it when they're kind, but it makes us feel sad if they forget to use kind voice and nice face.



# speaking softly

## Family Night Lesson #2 cont...

How can we practice using a nice voice? ... What does it sound like? ... What should you say when someone makes you mad?!

What should be the consequence if you don't use a nice voice?

We need extra practice at using a NICE voice! If we hear someone using a mean voice, he or she will need to repeat these sentences 3 times:

I'm sorry I used a mean voice.

I love everyone and I don't want to hurt anyone's feelings.

I will try my best to be nice and use my nice voice.

(repeat 3 times)



... Will you forgive me? \*

\*ask this only on the last time

Finish up you meeting practicing saying the nice sentences, and enjoy a little treat or game together!



-----CUT THIS OUT FOR QUICK REFERENCE-----

# *speaking softly*

I'm sorry I used a mean voice.

I love everyone and I don't want to hurt anyone's feelings.

I will try my best to be nice and use my nice voice.

(repeat 3 times)

... Will you forgive me?\*

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