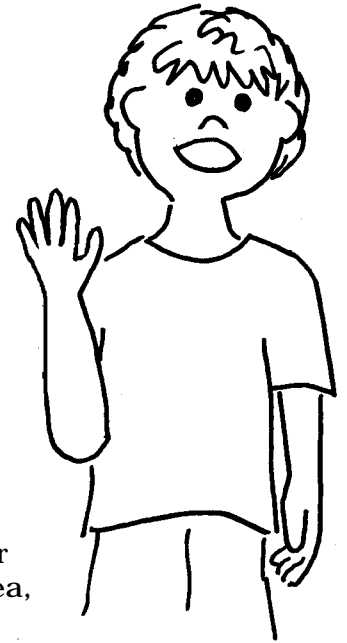


Anger Oath

Ages 5-9

Activity Objective:

After identifying sources for their anger group members create and practice safe and acceptable ways to let their anger out.



Instructions:

- Each group member creates a top ten angry list of the things that make them the angriest about their asthma.
- The group creates a list of safe ways to express angry feelings, ie, stomping feet, running outside, punching a pillow, yelling into a pillow, riding a bike and telling someone.
- As the group leader announces each idea, the participants simulate acting them out.
- The group members raise their right hand and repeat after the group leader.
- The oath could also be in the form of a written contract that each group member signs and takes with them.

The Anger Oath:

I promise to remember that all my feelings are OK, especially the anger.

*I promise to remember to get my anger out in a safe way
so that it doesn't hurt anybody, anything or myself.*

I promise!

Materials Needed:

- Pen
- Chalk board/dry erase board
- Paper (optional)