

TEACHER BACKGROUND INFORMATION ANGER BALLOONS

HOT ANGER: is explosive anger that often comes from the feelings I have kept inside. When my balloon gets full, it explodes and the hot anger will be hurtful to others as well as to myself. Sometimes the person who receives my hot anger is not the cause.

Directions for the **HOT ANGER** balloon:

Write words that describe "hot anger" on pieces of paper and put inside the balloon. While talking about "hot anger", blow up the balloon until it pops, illustrating what we do when we are full of "hot anger". The pieces of paper will go all over the room, like our anger.

COLD ANGER: is anger that I store in my balloon because the feelings are difficult to express. It is self-destructive anger because the feelings are not dealt with and they eat away at my insides. Cold anger can show up in physical symptoms such as headaches, depression, ulcers, drug or alcohol abuse, and other mental or emotional illnesses.

Directions for the **COLD ANGER** balloon:

Write the words "COLD ANGER" backwards on the outside of the balloon with a marker. As you blow up the balloon, you can see the words from the inside, illustrating how when we hold "cold anger" inside it begins to fester, grow, etc.

WARM ANGER: is appropriate anger. It is the expression of my feelings at the onset before they become cold or hot. Warm anger can define my personal space by letting others know what bothers me as soon as my "ouch" line is stepped on. (The "ouch" line is the point where pain or discomfort begins when my space is invaded. It is the body reacting to the invasion of personal space.)

Directions for the **WARM ANGER** balloon:

Write words that describe "warm anger" on the outside of the balloon. As the balloon is blown up, they can be seen. That way they can be dealt with before they turn into "hot anger" or stored into "cold anger".

MAJOR CONCEPT: It is okay to experience anger; it's how we deal with it and control it that makes the difference.

Source: Teen Power curriculum, Jean Mitchell Workman, Utah State Office of Education