

# Pathways to Peace

<b>TOPIC</b>	Anger management
<b>RATIONALE</b>	Children need to understand that anger is a commonly experienced emotion but that keeping anger bottled up or expressing it in unhealthy ways can be problematic. This game will teach clients some strategies for recognizing and expressing their anger.
<b>MATERIALS</b>	Pathways to Peace Game Board A game marker and a die A set of Pathways to Peace Consequence Cards A set of Pathways to Peace Trigger Cards A set of Pathways to Peace Skills Cards Several puppets for role-plays
<b>PREPARATIONS</b>	Copy the game board and game cards. Glue the cards to tagboard, then cut apart. Reproduce the game board in a larger format if you wish.
<b>PROCEDURE</b>	<ol style="list-style-type: none"><li>1. When a client is referred to counseling for anger management, ask her if she thinks her life would be more peaceful if she did not get angry and lose her temper so frequently. Explain that there are lots of ways to control her anger, which she will learn while playing a game.</li><li>2. Give her a marker and ask her to place it on the START space on the game board. Then have her roll the die for her first turn, moving the designated number of spaces as indicated on the die. As she moves to the various spaces, she needs to follow the directions on both the game board spaces and the Consequence, Trigger, and Skills Cards that she will draw when indicated on the game board. When a space directs her to role-play, she may do this with the puppets, with you, or by herself, if that is fitting. She can also use props in your office, such as a telephone, pencil and paper, and so forth, if appropriate.</li></ol>

3. Let her continue to play the game until she reaches the end. Then discuss what she learned about managing her anger and how she thinks she might be able to use these ideas each time she starts getting angry.

# Pathways to Peace Game Board

*Pathways to peaceful changes. Look here for skills and strategies.*



## Pathways to Peace Consequence Cards

### Consequence Card

You told your two best friends a secret and they promised not to tell, but they did, and now the whole class knows. You decide to:

- a. Yell at them and tell them off at recess.
- b. Calmly tell your friends how you feel.
- c. Listen to their story and accept their apology.
- d. Cry about it.

### Consequence Card

A kid calls you a loser, so you:

- a. Call him a worse name.
- b. Threaten to beat him up after school.
- c. Tell him, "It takes one to know one."
- d. Act as if you don't hear him.

### Consequence Card

You and your brother are watching your favorite TV show. You go to the bathroom, and when you return, he has changed the channel. You:

- a. Slug him.
- b. Call him a name and go tell a parent.
- c. Use an "I-message" to express yourself.
- d. Quietly count to 10 to help you stay calm.

### Consequence Card

While you are playing your favorite video game, your mother asks you to take out the trash. You have a really good score and don't want to stop. You decide to:

- a. Keep playing until she gets mad.
- b. Take out the trash now.
- c. Try to finish the game before she gets mad.
- d. Ask her if you can just play a few more minutes.

### **Consequence Card**

You study hard for your spelling test, and you still fail it. Even worse, one of the kids sees your grade and says, "You must be the dumbest kid in the class!" You:

- a. Tell her she is the ugliest.
- b. Tell her that you feel hurt when she says that.
- c. Say you will "shut her up" later.
- d. Tell the teacher.

### **Consequence Card**

A friend promises to play with you at recess, but when recess comes, she is playing with another group of kids, and they say you can't play. You:

- a. Use an "I-message" to state your feelings.
- b. Say you don't care because they are losers.
- c. Tell the teacher they aren't being nice.
- d. Ignore them and find someone else to play with.

### **Consequence Card**

While you are waiting in line for lunch, three older kids cut in line in front of you. You:

- a. Tell them how you feel about it.
- b. Ignore it.
- c. Tell them they are acting like jerks.
- d. Tell an adult.

### **Consequence Card**

Another student in your class broke the school camera but is making you take the blame for it. You know she did it. You:

- a. Threaten to beat her up if she won't confess.
- b. Tell her how you feel with "I-messages."
- c. Ignore her and ignore your anger.
- d. Tell someone else what really happened.

## Pathways to Peace Trigger Cards

### Trigger Card

Your little brother scribbled in your reading book, and you get in trouble for it at school.

### Trigger Card

You lose the spelling bee to another student. You know the other student was cheating.

### Trigger Card

Your friend is having a birthday party, but you are not invited.

### Trigger Card

Several of your friends are not speaking to you. You just found out that it is because someone was spreading a rumor about you that isn't true.

### Trigger Card

Your big sister borrowed your favorite CD without asking you and put a scratch in it.

### Trigger Card

You left your homework paper at home, and now you have to stay in at recess to do the work over.

### Trigger Card

You worked really hard on your homework for an hour and a half last night but lost it on the way to school. Even worse, your teacher doesn't seem to believe you.

### Trigger Card

The girl behind you was talking, and when you turned around to tell her to be quiet, the teacher yelled at you.

### Trigger Card

Your uncle teases you in front of your friends about something you did when you were little.

### Trigger Card

At recess when the kids pick teams, you are the last one to be picked. To make it worse, one of the kids on your team makes a comment, calling you "Last-Time Loser."

**Trigger Card**

When you are walking home from school, a bully grabs you and throws you into the mud.

**Trigger Card**

Your mom made you go change your shirt after breakfast because you spilled milk on it, and then you missed the bus.

**Trigger Card**

Someone trips you in the hallway, and you fall down in front of all of your friends.

**Trigger Card**

The neighbor kid, who is a year older than you and really cool, asks you to go bike riding, but your mom says you have to clean your room up instead.

**Trigger Card**

An older kid laughs at your new haircut and says you look like a dork.

**Trigger Card**

A bunch of kids teased you about your new haircut. One of them called you "Buzzhead," and the name stuck. For the rest of the week that's what everyone has called you.

## Pathways to Peace Peace Skills Cards

### Skills Card

Self-talk is helpful when you are beginning to get upset. For example:

- I don't have to handle this alone. I can ask for help.
- I want to be the one in charge of my behavior, not them.

### Skills Card

Self-talk is helpful when you are beginning to get upset. For example:

- If I don't stop and think before I act, I might regret it.
- Just ignore them! They are trying to upset me, so I won't let them.

### Skills Card

Ignore the person or the situation: This will often work, especially if the person is just trying to annoy you. If you try this strategy, it often helps to move away from the person or the situation.

### Skills Card

Learn some conflict resolution and problem-solving skills. For example:

State your feelings by using an "I-message."

I feel \_\_\_\_\_ because \_\_\_\_\_,  
and I would like it if \_\_\_\_\_.

### Skills Card

Don't blame others or make threats. Blame sounds like "You were cheating." Instead, say, "You got in line in front of me."

Do say how you feel and what you want (for example, "Please don't call me names").



**Skills Card**

Distract yourself from your anger. For example:

- Count to 10 slowly: This gives you time to think and takes your mind off your anger.
- Take deep breaths: This helps you calm down.
- Think of something happy and/or relaxing: This calms you down and takes your mind off your anger.

**Skills Card**

Act "as if": Look around for someone close by who is not angry and act like this person. Make your face and body look and act like his or hers!

**Skills Card**

Learn the early warning signs of anger in your body: Where do you experience anger in your body? Do you feel hot? Does your stomach get upset? Does your jaw tighten? Do your shoulders feel tense?

Alternate tensing and relaxing that body part until you have control over it.

**Skills Card**

Express how you feel in positive ways. For example:

- Talk to a friend about how you feel and what you would really like.
- Write down your feelings in a letter to the person you are upset with.
- Write your feelings in a journal or in a letter to someone who might be able to help.

**Skills Card**

Draw a picture of your anger. You can draw a picture of an angry face or something you are angry about. Then you can fold it up and put it aside or throw it away if you think you can let go of some of that anger.