

BRAINSTORMERS

Theme: Anger Management

Recommended Age Range: Nine and Up

Treatment Modality: Individual, Group

Stage of Treatment: Middle

Goals

- Facilitate open communication about anger
- Enhance anger management strategies

Materials

- Large pieces of paper or flip chart paper
- Markers
- *Brainstormers* list (included)
- Timer (i.e., watch, egg timer or sand timer)
- Prizes (see resource section for ideas)

Description

Divide the group into two teams. Explain the activity as follows:

We are going to play a brainstorming game that's going to help us talk about anger. The object of the game is for each team to come up with as many items as they can for each category. For example, if the category is 'things that make people laugh' then each team must make a list of things that make people laugh, and the team with the longest list wins that round. Each round lasts three minutes. At the end of each round, each team reads aloud the items on their list. If both teams have the same item on their lists, it gets crossed off. Each remaining item counts for one point. The points are accumulated each round, and the team with the most points at the end of the game wins.

Following the brainstorming activity, the therapist can facilitate a discussion by asking the following questions:

- What did you learn about anger?
- Why is it important to learn safe ways to express anger?
- Which anger management strategies work best for you?

Variation for individual therapy: The child brainstorms on his own and is awarded points for each item on the list. The points can be accumulated and traded in at the end for a prize.

Discussion

This is a useful introductory activity to do at the beginning of an anger management curriculum as it helps clients begin to discuss issues related to anger. This activity promotes communication, catharsis of feelings, and problem solving. The brainstorming format encourages creative thinking and open dialogue about anger-related issues. The reward system motivates clients and adds an element of fun to the activity.

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Things that make kids your age angry

Things that make adults angry

Other words for “angry” (Swear words are not allowed!)

Things that happen to your body when you feel angry

Unsafe ways to express anger

Ways to help your body relax when you feel angry

People kids can talk to when they feel angry

Negative things kids say to themselves that make them feel angrier

Positive messages you can say to yourself to calm yourself down when you feel angry

