



## G.D GOENKA PUBLIC SCHOOL, SARITA VIHAR

# ANGER MANAGEMENT

**THEME:** Group Counseling for Students of classes I and II

**REPORT:** Anger Management

**DATE:** Thursday, May 11, 2023

**CONDUCTED BY:** School Counselor

### EVENT REPORT

It isn't easy to know exactly what we are feeling or why. Sometimes it's difficult for us to identify the specific emotions we are feeling, or to correctly determine why we are feeling that way. Therefore, it becomes important to correctly identify what we are feeling and have an appropriate vocabulary for the same.



A workshop on Anger Management was conducted by the school counselor – Ms. Urvashi Sareen for Grades I and II at G.D. Goenka Public School, Sarita Vihar.

The students benefitted from the fun PowerPoint relating anger with the help of the very popular Angry Birds game and real story of how a young boy 'popped' with anger, explaining them the bad choices one makes during a fit of anger. The students participated enthusiastically and also reflected on their own stories of expressing anger in different forms.

Various techniques of anger management were also discussed to equip the students to deal with this common emotion in a much effective manner.

A post workshop handout was given to the students to express their stories of anger and then add their learning about the coping strategies as a recapitulation task.



# Workshop in Progress

