



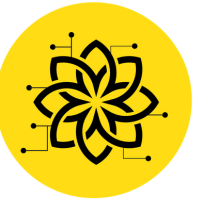
Reactive Override

Acting Before Thinking

Sometimes anger feels like a big storm inside us. Our heart beats fast, our face feels hot, and our body wants to react quickly. But anger is not a bad feeling it is our brain's way of telling us something feels unfair, hurtful, or upsetting.

- ❏ Question Time: **"Can you show me an angry face without making any sound? What happens to your body when you feel angry?"**





The Feelings Freeze Dance 🎵

Let's wake up our brains and bodies! Dance when the music plays. When the music stops **freeze like a statue** showing a feeling.

😊 Happy

😄 Excited

😟 Worried

😡 Angry

😌 Calm

After each freeze, ask: **"How does your body change with each feeling?"**

Meet the Brain Team

Inside your brain are two important helpers working together.



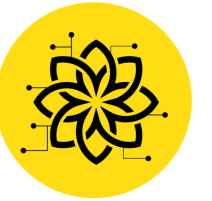
The Fast Brain

- Acts quickly to protect you
- Shouts: "*Do something NOW!*"

The Thinking Brain

- Helps you choose wisely
- Solves problems with calm words

"When anger gets big, thinking gets small."



Body Clues of Anger

Our body sends us **warning signals** before feelings explode. Learning to spot them gives us time to pause.



Tight Fists

Your hands clench up without you noticing.



Fast Heartbeat

Your heart races and chest feels heavy.




Hot Cheeks

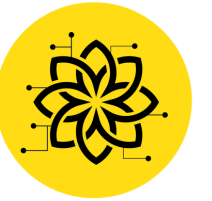
Your face gets warm and flushed.



Shaky Feeling

Your body trembles or your voice goes loud.

 These clues are like **warning lights**. They tell us: *"Pause your feelings are getting bigger!"* Invite children to gently act out each one.



The Lunchbox Story Begins

Vihaan brought his **favourite lunch** to school. All morning he waited excitedly. At lunchtime, he opened his lunchbox...

It was empty. 😞

Some children nearby started laughing. Vihaan's chest became tight. His hands shook. His thoughts raced. Inside his head, the fast brain shouted: "**This is NOT fair!**"



Pause and ask the class: "**What do you think Vihaan felt first?**"



What Happened Next? 😞

Before Vihaan could think carefully, his **fast brain took over**. He shouted loudly. He pushed the table. He threw his water bottle.

The classroom went quiet.

But Vihaan did *not* feel better. He felt upset, embarrassed, and very tired.

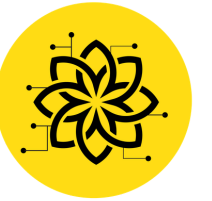
Reacting fast can make problems bigger.

His feelings were real but his reaction made things harder.

❓ **"What would you do if you were Vihaan?"** Invite 2–3 different answers from the class.



BRAIN NET



Pause Gives You Power 🖐️

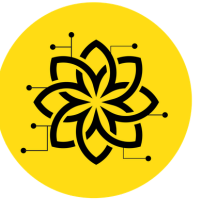


After Vihaan calmed down, he realised something important. The problem was not only the empty lunchbox. The problem was what happened when **anger took control**.

"Big feelings are normal. Hurting others is not."

When we pause our body, our **thinking brain comes back online** and we can make better choices.

- ✔️ Practice a group pause: **Freeze** → **Take one slow breath** → **Relax your shoulders**.



Fast Brain or Thinking Brain? 🤔

Let's play a quick choice game! Hold up **one hand** for Fast Brain and **two hands** for Thinking Brain.

Scenario 1 🗣️

Someone bumps into you accidentally.

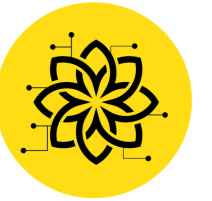
Yell immediately? **Or** ask what happened?

Scenario 2 🎲

Your turn in a game gets skipped.

Throw the game? **Or** use calm words?

"Every pause helps the thinking brain grow stronger."



The Anger Control Formula

When anger feels huge, remember these **four powerful steps**. Practise them together with actions!



Stop

Freeze your body completely.



Step Back

Move away or sit down quietly.



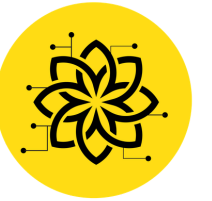
Breathe Slowly

In slowly... out slowly...



Use Words

"I feel angry because..."



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Balloon Breathing

Imagine your belly is a **balloon**. Place your hands gently on your tummy.

1

Breathe In Slowly

Fill the balloon up, up, up...

2

Breathe Out Slowly

Let the balloon gently shrink.

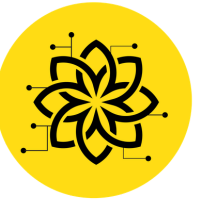
3

Repeat Together

Three balloon breaths as a class.

"When the body slows down, thinking becomes easier. You are safe. 



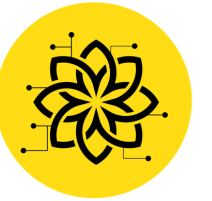


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Safe Ways to Show Anger

Anger does not have to stay trapped inside. We can let it out safely and when we do, our brain and body feel balanced again.



Helpful Calming Choices

There are many safe ways to express and release anger. Try one that feels right for you.

Talk to an Adult

Share how you feel with someone you trust.

Draw or Colour

Put your feelings on paper instead of inside you.

Take Deep Breaths

Slow breaths help calm your brain and body quickly.

Stretch or Move

Release tension safely through gentle movement.

Squeeze a Pillow

Give that big feeling somewhere safe to go.

Take a Quiet Break


A short pause helps your thinking brain wake back up.




... Ask the group: **"Which calming idea would help you most?"**

What Would You Do?

Imagine these moments happening to you...

 **Your sibling breaks your toy.**

 **A friend laughs at your drawing.**


 **Someone cuts in front of you in line.**

Fast Brain

Reacts quickly. Feels strong feelings right away.

Thinking Brain

Pauses. Chooses a safe and kind action instead.

 **Turn and talk:** You cannot stop anger from coming but you can always choose what you do next.



Calm Bodies Think Better

👂 Listen Better

A calm body can pay attention and take in new information.

🔍 Solve Problems

Your thinking brain works best when it feels safe and settled.

💛 Make Kind Choices

Kindness flows more easily when your body is not in alarm mode.

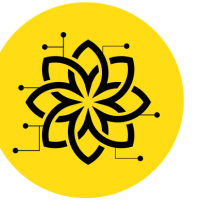
☀️ Feel in Control

Every breath you take helps your brain build stronger calm pathways.

📄 Quick reflection: **"What helps your body feel calm?"**



My Calm Power Promise



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"I feel anger."
I do not react right away.
I pause.
I breathe.
I choose safe actions."



What does it mean to be strong?

Strong people are not those who never feel angry. Strong people are those who **learn how to stay in control** even when feelings feel very big.



👉 Place one hand on your heart and say the promise together as a class.

Roleplay Rescue Mission

ACTIVITY

1

Stop

2

Step Back

3

Breathe

4

Use Words

Work in pairs. One child acts out a frustrating moment. The other practises the four steps then switch roles!



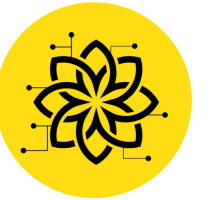
Materials: Emotion cards or simple classroom objects. Children practise emotional regulation in real-time situations.



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Shake It Out Movement Game

ACTIVITY



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Pretend anger is sticky glitter on your body...

01

Shake your hands

02

Shake your shoulders

03

Jump gently

04

Stretch your arms wide

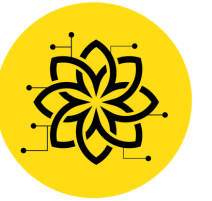
05

Take three slow breaths

06

Freeze in a calm pose

Materials: Open classroom space and calming music. Movement helps release body tension safely.



Draw Your Calm Place

ACTIVITY

Close your eyes and imagine a place where your body feels safe and peaceful. It could be a beach, a garden, a cosy fort, a fluffy cloud, or a magical forest. Now draw it!

Why does this help?

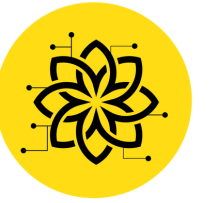
When anger feels very big, your brain can remember your calm place and travel there, even without moving.

What you need

Paper, crayons, and coloured pencils. Share your drawing in a circle when you are ready.



Teamwork Tower Challenge & Sensory Calm Jars



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Teamwork Tower Challenge

Build the tallest tower but use **calm words only**, even if something falls down.

- "Let's try again."
- "It's okay."
- "We can solve this together."



Sensory Calm Jars

Watch the glitter slowly settle. Breathe slowly too. Your thoughts settle the same way your body softens, your breathing slows, your thinking brain wakes back up.



Materials: Jars with water, glitter, and glue.