

POP THE CORK

Get rid of bottled-up feelings!

Materials: Worksheets, healthy ways templates, pencils

Directions: Read the worksheet, complete the activity and discuss with the Group.

How do you handle a bully? What do you do?

Often, while we're trying to figure out what to do, we become angry and keep our feelings bottled up inside. And even when we walk away from a bully, what they said or did still hurts. If our bottle continues to fill up with hurt, anger and resentment, it could burst. This could lead to some unhealthy behaviors.

Just as we learn bullying solutions, we need to learn ways to manage our anger against bullying.

By managing our anger, we can release our frustration in healthy ways, and prevent bottled-up thoughts and feelings from bursting out into unhealthy behavior.

Let's brainstorm healthy ways we can release our angry thoughts and feelings. We'll read some ideas and then raise your hand if you have a suggestion. Be sure to write down all the ideas, so you can use them in the future.

HEALTHY WAYS TO RELEASE ANGER

- Talk to someone, like a friend or family member.
- Draw a picture.
- Take a walk or ride a bicycle.
- Observe fish in an aquarium — it's so relaxing!
- Write in your journal.
- Spend time with a pet.
- Find a quiet place.
- Play a sport.
- Do pushups or jumping jacks.
- Go to the beach.



