

The Race Against Anger

Age:	9-10 years old
Time:	15-25 minutes
Location:	Indoors/Outdoors
Group Size:	10 or more
Activity Level:	Active
Materials:	2 pieces of paper, 2 pencils, objects for an obstacle course (chairs, tables, cones, costumes)
Principal Value:	Responsibility
Other Value:	Cooperation



References

For help animating this activity, please consult the following reference sheets:

- 06 – The Toolkit Values
- 10 – Peaceful Conflict Resolution
- 13 – Selecting and Facilitating Activities
- 14 to 17 – Group Discussion

Purpose of the Activity

To experience teamwork and to think about:

- How we can deal with anger
- How we can resolve problems peacefully

Rights and Responsibilities

Right to protection from all forms of violence (Article 19)

For all of us to enjoy this right, we need to:

- Respect others
- Choose non-violent ways to act

Object of the Game

For each child to complete an obstacle race as quickly as possible.

How to Play

1. Introduce the game by talking briefly about anger with the children:
 - Do you ever get angry?
 - What do you do when you are angry?
2. Now, ask the children to think of a way or a trick to avoid expressing their anger violently. For example, they could talk to a friend, take deep breaths, or go for a bicycle ride. Ask them not to say their idea out loud right away, because they will need it for the game.
3. Create 2 identical obstacle courses using the objects available. Tasks you create for the obstacle race should be easy to do, such as walking around a chair, crawling under a table, playing hopscotch, walking around in a circle with your index finger placed on the ground, slaloming around cones with a hockey stick and a ball.

The last task in the obstacle course is to have the children write on a large sheet of paper (1 for each team) their ideas to help them calm down when they are upset and to help avoid aggression and violence. The children should avoid writing the same ideas as their team members.

4. To begin the game, set up 2 teams.
5. As in any relay race, all the players in the race go through the obstacle course 1 at a time. When they complete the course, children should slap the hand of the next child to indicate that it is time for the next player to begin. Depending on how many children are playing, the players can do the course more than once.
6. Ask the children to encourage their team members.
7. The first team whose members complete the course wins the race.

Group Discussion

After the game, have the children reflect on the experience. You can use these questions as a guide:

Feel



- How did you like the game?
- What was the hardest part? What was the easiest part?

Think



- Is it normal to be angry?
- What are some signs of anger? How does your body react?
- Did you learn any new ways of dealing with anger? Refer to the children's list of ideas and discuss these together.
- Why is it important to deal with anger?

Act



- What can we do together to deal with anger when we feel it or see it in our group?



You can download other games from the following website:

<http://www.equitas.org/toolkit/>