

MINECRAFT

MANAGING ANGER

When you battle in Minecraft, you have armour to protect you and tools to fight your enemy.



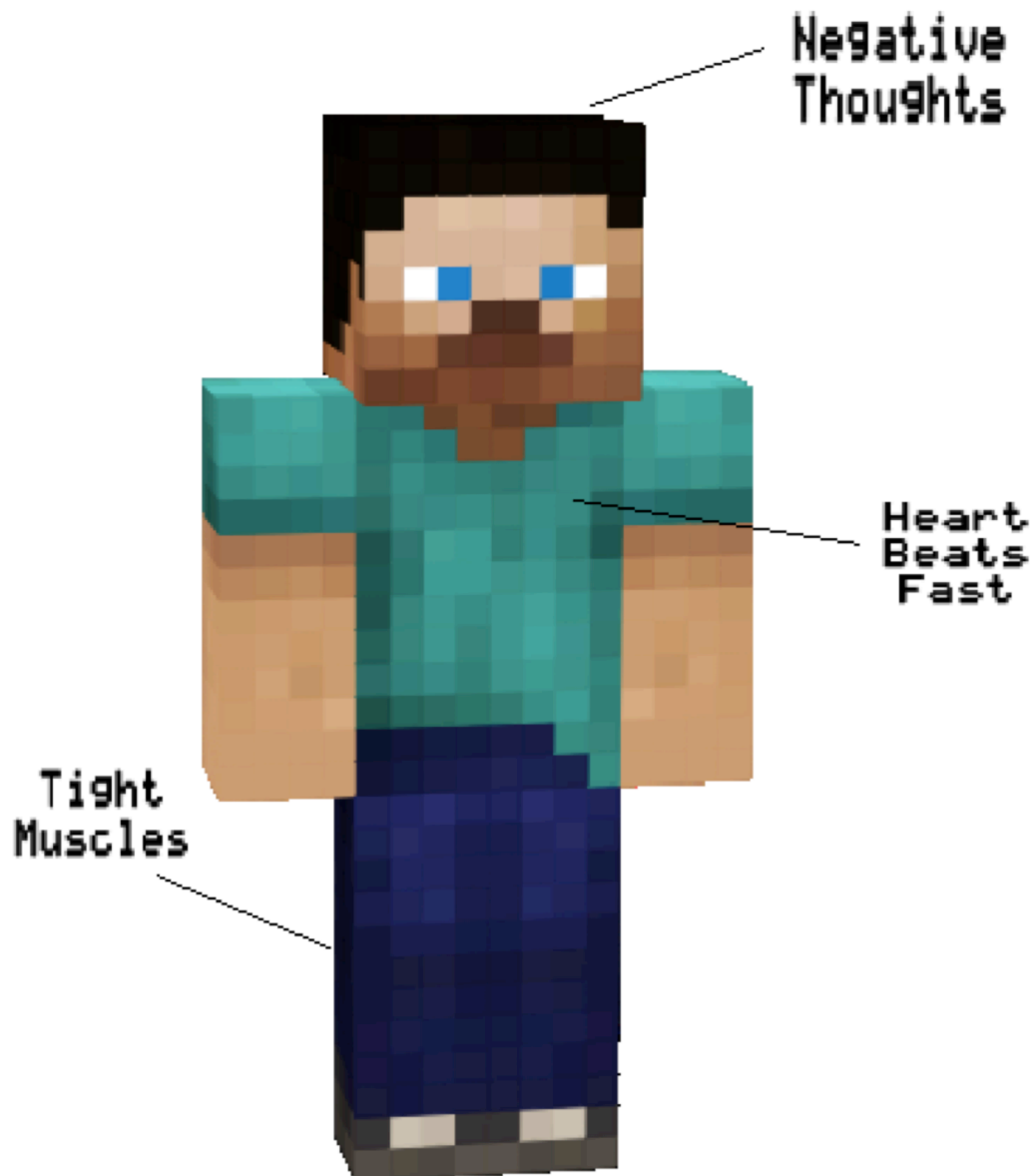
Toolbar



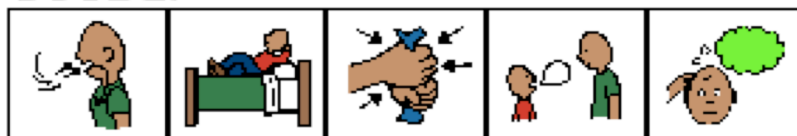
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When you are angry, you have no armour to protect you, so your angry feelings go to different parts of your body. You need tools to help you calm down and feel better.



Toolbar



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- Use the picture of Steve or Alex on the next page to show what your body does when you are angry.
- Talk about what helps you calm down and feel better when you are feeling angry.
- Fill in the Tool Bar on the next page to show what tools you can use when you are angry to feel better and calm down (e.g. deep breaths, taking a break, asking for help, etc).
- Try out 'Block Breathing' to help you calm down when you are getting angry.



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Toolbar

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Block Breathing

