

**DIALOGUE  
WORKS**

# HomeTalk

thoughtful conversations for families and schools

## Issue 40 – Anger

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*The Great Day of His Wrath – John Martin, Public domain, via Wikimedia Commons*

**Note to parents/carers and teachers**

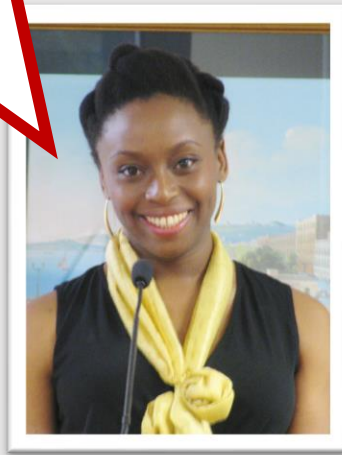
This pack contains links to external websites. Whilst we take every care to make sure these are suitable, you may want to check the content before showing them to children.



To get HomeTalk emailed every week  
message [bobhouse@dialogueworks.co.uk](mailto:bobhouse@dialogueworks.co.uk)

# This week's focus is anger

We spend too much time telling girls that they cannot be angry or aggressive or tough, which is bad enough, but then we turn around and either praise or excuse men for the same reasons.



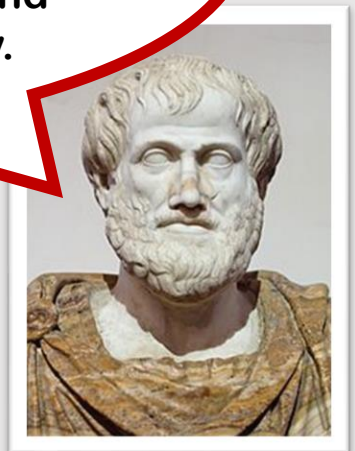
Chimamanda Ngozi Adichie  
writer  
in *We Should all be Feminists*

Hello, my anger. I know you are there, and I am here for you. I will take good care of you...



Thich Nhat Hanh  
Zen Buddhist monk  
in *Anger*

Anyone can become angry... That is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way – that is not easy.



Aristotle  
philosopher  
in *Nichomachean Ethics*

# Thinking about anger

## Caring thinking

What might a caring thinker say to an angry thinker?

## Collaborative thinking

Can anger unite people?  
Can anger divide people?  
Why? How?



## Creative thinking

How many types of anger can you think of?

## Critical thinking

What purposes does anger serve?  
What's the point of it, if any?

What situations in the past have made you angry? What did you do or say? What didn't you do or say?

What might you do differently in the future when you get angry?

How does anger connect to injustice?



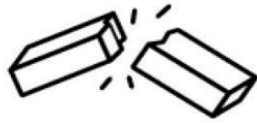
Think **AHEAD**



Think **BACK**



**CONNECT**



**DIVIDE**



**LISTEN/LOOK**



**ZOOM (in/out)**

How is anger different from rage?

What things have you noticed that make people angry?

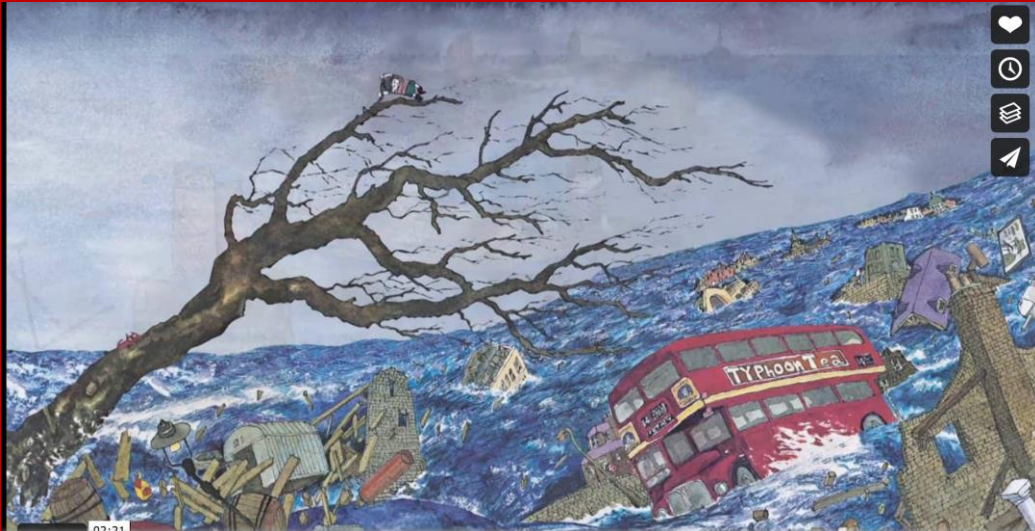
What triggers your anger?

What are your triggers warning you about?



# Discussion suggestions (age 3 - 5)

## Stimulus



<https://vimeo.com/76617063>

**Angry Arthur** by Hiawyn Oram, Satoshi Kitamura & David Holt

Once there was a boy called Arthur who wanted to stay up and watch TV, but his mother wouldn't let him. "I'll get angry," said Arthur, and he did. Very, very angry...

## Talking Points

- Why did Arthur get angry? Think of an obvious reason then try to imagine a hidden reason.
- If Arthur could put his anger into words, what would it say?
- What could the mum and the other adults have done differently to connect better with Arthur?

## Activities

- If anger were an animal (real or imaginary) what would it look like?
- If anger had friends, what would they look like?
- Make a drawing of anger and its friends, or act it out!

# Discussion suggestions (age 6 - 9)

## Stimulus



[https://youtu.be/Cjgdiy\\_SGjA](https://youtu.be/Cjgdiy_SGjA)

### Inside Out by Pixar

Inside the mind of Riley, the emotions Joy, Sadness, Anger, Disgust and Fear control her actions. In this scene, Riley has just come back from the first day in a new school in a new city. Joy and Sadness have disappeared leaving Anger, Disgust and Fear in control.

## Talking Points

- Describe what is happening in this scene.
- What is each character doing / not doing?
- Why did Riley get angry? What is she feeling?
- Why did the dad get angry? What is he feeling?
- Is Riley being disrespectful to her dad or is something else going on?
- Do you agree that this ended in disaster? Why?

## Activities

- With friends or family, pretend to be the characters in this scene. What could you say or do differently to connect better to each other?
- Think back to an argument you had where you lost your temper. What were you angry about? Did you 'swallow' any thoughts or feelings? Why? How did things escalate? How could you have communicated your anger better?

# Discussion suggestions (age 10+)

## Stimulus



<https://youtu.be/Xv8FBjo1Y8I>

### Talkin' 'bout a Revolution by Tracy Chapman

Read about the history of the song here:

[www.soulmusic.com/article/songs-black-lives-matter-tracy-chapman-talkin-about-revolution](http://www.soulmusic.com/article/songs-black-lives-matter-tracy-chapman-talkin-about-revolution)

## Talking Points

- First, listen to the song – what do you think inspired it?
- Then, read about the history of the song – what made the artist angry?
- How is anger expressed in this song?
- How might anger help us fight against injustice? What can it do for us?
- If anger were a teacher, what lessons would she teach?

## Activities

- Write a protest song or poem for something you care about.
- Find out about the Black Lives Matter and the MeToo protests. What are people angry about? What has been, or might be, a wise response to these protests?

➤ More about HomeTalk, including previous editions

➤ Parent Talk Moves – tips for great conversations with your children

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# Training opportunities for teachers, support staff and parents

## **P4C Plus Foundation course** (10.5hrs)

*Teaching that puts more thinking into learning*

- Introduces you to **P4C Plus** and builds your skills over the first year of practice
- Equips you with a range of skills to use in P4C inquiries and throughout the curriculum
- Includes premium resources and teacher guide

## **Thinking Moves A – Z course** (6hrs)

*Making metacognition simple across the curriculum*

- Shows you how **Thinking Moves** can enhance thinking in any subject, as well as in P4C inquiries
- Gives you practical guidance on how to embed Thinking Moves into learning
- Includes premium resources and handbook

Both courses available online or face-to-face, for individuals or whole-school teams

See <https://dialogueworks.co.uk/training/> for upcoming courses

Contact [enquiries@dialogueworks.co.uk](mailto:enquiries@dialogueworks.co.uk) for bookings or more information