



THE ANGER ICEBERG:

OBJECTIVE:

An activity to help children and young people from key stage 3–5 to explore the different emotions that people can experience, learn how to describe these emotions and better understand how they relate to each other.

INTRODUCTION TO THE ACTIVITY:

Provide pupils with a copy of the Anger Iceberg worksheet.

Explain that some emotions are easy to recognise in other people, but others can be hidden. Anger is an emotion that tends to be easy to see. However, anger is often just the tip of the iceberg. Other emotions may be hidden beneath the surface.

The worksheet invites pupils to imagine they see someone raising their voice and waving their arms around – they are clearly angry. In the boxes below the water on the worksheet, pupils can write down some other emotions they can think of that this person might also be feeling, or that may be leading to the feeling of anger.

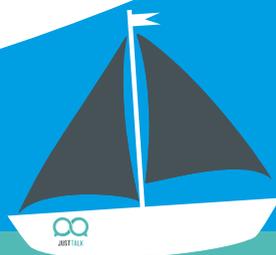
FEELINGS THEY MAY THINK OF MAY INCLUDE:

- fear
- frustration
- sadness
- loneliness
- jealousy

STUDENTS MAY ALSO THINK OF SITUATIONS OR CIRCUMSTANCES WHICH MIGHT LEAD TO ANGER, SUCH AS:

- bullying
- hunger
- trauma
- physical pain

It is useful to then guide the discussion to talk about the difference between situations or life events, and the resulting emotions or feelings (emotions or feelings will occur as a result of situations and life events -every individual will experience them in different ways and at different times).



ANGER ICEBERG WORKSHEET:

Imagine you see someone raising their voice and waving their arms around – they are clearly angry. In the boxes below, write down some other emotions you can think of that this person might also be feeling, or that may be leading to the feeling of anger.

What we see
'above the surface'



Other feelings we may be experiencing
'beneath the surface'