

Mentors: Mindfulness of Anger

You can be a mentor to someone else and teach them how to use mindfulness to help them with anger. Your assignment is to come up with a lesson to teach to younger students about mindfulness of anger.



Goal: Younger students will be able to learn what happens in the body when they feel anger and learn how to use mindfulness tools to manage their anger.

Materials: (Circle one you would like to use, or write down one of your own)

- *My Magic Breath* by Frank J. Sileo, Ph.D
- *Steps and Stones* by Gail Silver
- "Just Breathe" video on YouTube: <https://www.youtube.com/watch?v=RVA2N6tX2cg>
- _____
(a book or website you would like to show your mentee)

Use the following steps to teach (or write down your own below):

1. Ask, "What happens when you feel angry?"
2. Ask, "How can you control anger?"
3. Show video or read book.
4. Ask, "What have you learned today?"
5. Explain that they can use their breath to help them when they feel angry. Guide them to take three deep breaths.
6. Ask them if they have any questions.

Name _____

Date _____

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Optional: Write your own steps (make sure to include the book or video of your choice):

1. _____

2. _____

3. _____

4. _____

5. _____

Now, teach another student! Then write down how it went below.
