**Iceberg Activity Rules**

1. **Read out questions**

Is it better to keep your anger inside of you or to express it?

Are men angrier than women?

Are children/young people angrier than adults today?

Do you think food affects your anger?

Is getting angry a choice?

Is conflict necessary to help you mature?

Do you think there are more angry people in Coronation Street or EastEnders?

If someone often gets angry at things that seem very small – why might that be?

Do you think people are born angry or they learn to be angry?

When do you think anger is a good thing?

Do you think adults misunderstand young people?

What do you think are the risks if you don’t express your anger?

If your best friend stood on your mobile phone and broke it, would you be angry?

1. **Get everyone to fill in the “what makes me angry” worksheet.**
2. **Show the picture of the Iceberg.**

Sometimes people show anger, but underneath the anger is lots of other emotions hiding which when they add up together make it appear as anger, or when we feel just one of them it might look as anger but maybe mean something else.

1. **Belly breathing activity**

* Ask participants to sit comfortably or lie on their backs and read out the following Instructions
* Close your eyes. Put your hands on your belly
* Keep your mouth closed. Breathe slowly through your nose and count to 8 in your head while you breathe in
* Hold that air in your body while you count to 3 in your head
* Slowly let the air out through your mouth or nose
* Repeat this 3 times