

## Tool 27: Angry face and body

### Materials Needed:

- Mirror
- Paper and pencil
- Red crayon, pen, or map pencil

### Optional

- Digital camera with link to show child's photo on computer

**① Rationale:** This lesson is to help you learn how your face and body show people you are angry and how an angry face and body can make others stay away from you even if you want to be friends.

**👏 Activity:** Cartoon Drawings of Anger

Get out paper and pencil for the child and for you.

**Do you know how a cartoonist draws eyes so that they look angry?**



Draw the above eyes on your paper and have the child copy them.

**Can you make your eyes look like that on your face?**

Demonstrate angry eyes by glaring and lowering eyebrows. Provide a mirror to practice.

**How does a cartoonist make an angry mouth?**



Draw the angry mouth and have child copy.

**Make your mouth angry.**

Demonstrate clenching your teeth, showing a grimace, pressing lips together, etc. Provide a mirror to practice.

## What are other ways a cartoonist might make a character show anger?

Prompt:

- Coloring the character red
- Having smoke come from character's ears
- Making a fist

Have child add these elements to her picture.



**Angry people let other people know they are angry by the way they look. If you see someone looking angry (demonstrate an angry face and angry body language) does it make you want to be near them or move away from them?**

- Move away

## Why?

Prompt:

- Afraid they'll be mad at me
- Not fun to be around them
- Maybe they want to be left alone
- Don't know what I should say to them

## How do you feel when other kids don't want to be around you because you got angry?

Prompt:

- Sad
- Mad
- Embarrassed
- Confused
- Frustrated
- Lonely

If a kid says, "I don't care" press them a little. Ask them if they would rather have kids to play with or be alone.

**Sometimes we wear an angry face that we don't even know is there. We wear it even after the anger episode has passed. I want you to make your angry face and I'm going to take your photograph. Then, I'll take a photo of your face when you're not angry or when you're happy.**

Take both photos and show them to the child using your computer or camera's view finder. If possible, copy photos to send home with child. If you do not have access to a digital camera, use a mirror.

**Which of your faces is friendlier? Which will attract more friends?**


**Let' see if you can relax all the muscles of your face. Start with the muscles around your eyes. Relax every little muscle around your eyes. Now relax your jaw and the muscles around your lips. Let go of any tension around these areas. Now relax your cheeks and forehead muscles. How does that feel?**

**How can you remember to keep a neutral or friendly face?**

- Remind myself
- Practice relaxing the muscles in my face throughout the day so that it becomes habit.
- Have someone remind me

 **Pop Quiz:**

**Why is it important to wear a relaxed face or a friendly face?**

 **Homework:** Practice relaxing all of your facial muscles this week. Practice smiling more.