

TIME	ACTIVITY	TOOLS
Make sure you have 30 mins available to prepare your group before it starts.	<p>Preparation before the session</p> <ol style="list-style-type: none"> 1. Ensure audio visual technology is set up. 2. Flip chart or white board and markers 3. Print individual participants handouts for those who would like to do further or self-paced activity. 4. Pens or coloured pencils/textures <p>Allow up to ONE hour to complete your group.</p> <p>Facilitator's Tip: <i>~ Preparation and practice are essential for any facilitator who wants to inspire their group. If you are prepared and know the content and tasks you will be in a better position to be flexible and suit the needs of your group! This also includes having a clear knowledge around your Aim and Outcomes. Your confidence will also make for a group that feels comfortable and at ease with the tasks.</i></p>	Smart TV/Computer Print handouts if needed
5 mins	<p>Acknowledgements – Welcome to Country and Lived Experience Group Agreement ~ This is a great way to establish boundaries, you can find out more about group agreements here</p>	Butchers paper/white board
5 mins	<p>Discuss Aim and Objectives (display for everyone to see): Can be accessed here.</p> <p>AIM: To actively acknowledge one's own emotions, feelings, reactions, and unhealthy coping strategies in relation to states of anger while forming healthy coping strategies for the preservation of present and future wellbeing.</p> <p>OBJECTIVES:</p> <ol style="list-style-type: none"> 1. Demonstrate an understanding of the physical reactions, feelings and emotions in relation to one's own anger. 2. Identify and examine healthy coping strategies toward anger. 3. Develop and propose a plan to achieve healthier coping strategies toward anger. 4. Engage in own personal reflection around past patterns and future recovery. 	Can be displayed on smart TV or computer White-board or paper
10 mins	<p>Watch the video 'Angry Kangaroos'. (7 mins) https://www.youtube.com/watch?v=a7zqEkLi-Bg</p>	Computer/smart Tv

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20 mins	<p>Refer to Activity A and read through the information as a group (This is an opportunity to recap on the content of the video).</p> <p>As a group discuss and answer questions 1, 2 and 3. Question 2 will require that participants apply physical emotions and responses to a figure drawn on a whiteboard or butchers paper. Encourage participants to take initiative and draw a human figure and take turns to write/draw symbols and/or circle an area in specific colours.</p>	Activity A, pens/colours
15 mins	<p>Complete Activity B. Encourage participants to discuss as a group. Again, there is an option here to add the group’s contribution to the white board. Make sure all paragraphs/content are read out loud by you or participants who volunteer.</p>	Activity B, pens/colours
5mins	<p>Reflection</p> <p>Come back to the Aims and Outcomes. Ask your group the key messages they took away from the group.</p> <p>Hand out feedback form as seen at the bottom of the L2B page and collect (scan and send back to L2B team after you group)</p>	Aims & Outcomes Feedback forms
5 mins AFTER YOUR GROUP	<p>Self-Reflection (This is time for you to reflect on your own strengths and challenges)</p> <ol style="list-style-type: none"> 1. What were the strengths of this group? 2. What could be improved on next time? How could I do this differently? 3. What area’s might I need extra support in? how will I action this? 	Fill out in a workbook, diary or the space provided here.

Angry Kangaroos

Aim:

To actively acknowledge one’s own emotions, feelings, reactions and unhealthy coping strategies in relation to states of anger while forming healthy coping strategies for the preservation of present and future wellbeing.

Objectives:

1. Demonstrate an understanding of the physical reactions, feelings and emotions in relation to one’s own anger.
2. Identify and examine healthy coping strategies toward anger.
3. Develop and propose a plan to achieve healthier coping strategies toward anger.
4. Engage in own personal reflection around past patterns and future recovery



Angry Kangaroos – Participant Resource

Watch the video ‘Angry Kangaroos’

ACTIVITY A – Angry Kangaroos

Read out the following information and/or discuss with your group before starting the activity.

We have followed the journey of Kevin and Scott which addressed their individual experience in displays of anger and how they manage it. The video, ‘Angry Kangaroos’ explored:

- The physical responses that can present when one is feeling states of anger.
- The triggers that can contribute to feeling anger or physical aggression.
- Unhealthy coping strategies versus healthy coping strategies and supports to address anger.

Having an awareness of the physiological changes that occur in your body can help you to understand why you are feeling the extreme emotional and physical responses that come and go. When we understand that anger is an emotion and is a biological response to a perceived threat, we may feel less scared and unsettled by what is going on. When we understand what is happening inside our own bodies, it is easier to adopt healthier coping strategies.

With that in mind, share your own experiences on the topic.

1. How does experiencing the feelings and emotions of anger effect your life? Discuss.
2. As a group, can you able to identify some of the physical reactions that take place in your body when feeling the emotions of anger? On a white board, draw a human figure. (You can volunteer to do this). As a group, circle the areas where you feel your anger on the figure. You can also write down specifically what it feels like in your body. There are ideas below for you to work from.

Physical and emotional responses

Upset stomach.	Dizziness	Feeling unbeatable
Heart palpitations	Feeling humiliated	Feeling in charge
Tight chest.	Easily irritated	Feeling attacked
Weak legs	Feeling guilty	Feeling numb
feeling hot	Feeling intense rage	Feeling caged
Scattered thinking	Feeling worthless	
Sweaty palms	Feeling in control	
Shaking or trembling	A fire comes over you	

This exercise might have felt strange, but it is good for you to get a clear picture of where anger sits in your body and how you feel. Having gone through this process you might not feel so afraid of your physical responses when they happen. When we don't feel as afraid or confused, we are in a better position to take on healthy coping strategies and think clearly.

3. Does having this awareness now change how you feel about your responses? If so, how?

ACTIVITY B – Angry Kangaroos

The following is a list of healthy coping strategies. Discuss each strategy as a group and identify the strategies that resonate with you. Perhaps certain strategies reflect your sensory preferences. You might like to add new strategies that aren't listed.

Healthy coping strategies

- Time out
- Body relaxation
- Positive self-talk
- Changing core beliefs
- Writing an angry letter that you do not send out
- Walking or running
- Taking on a neutral posture (non-threatening)
- Willingness to forgive.
- Listening to others' opinions
- Practicing healthy responses
- Accepting responsibility
- Join anger management classes.
- Journal and self-reflect

While it is a beneficial exercise to list the healthy coping strategies and then try to apply them at the time of feeling anger, the reality is, it can feel really difficult to do this when feeling such strong emotions.

If you have a plan in place or have practiced how you can apply the strategies, the process will become a little more easier over time.

For example, perhaps you would like to start 'practising a healthy response'. What does this look like? You could practice how you would like to handle arguments in the mirror. What does your posture look like, what are you saying? Are you being assertive or aggressive? Another way to prepare is by visualising a healthy response. This can be practiced through guided meditation.

Angry Kangaroos – Session Plan & Participant Resource

If you are feeling anger, how can you in the moment decide you are going to go for a run or brisk walk to ‘burn off the anger’. If you are aware of the benefits of running (to serve your anger) this may help. You could also have a list or poster on you wall that suggests healthy coping strategies.

But what if the thought of going for a brisk walk feels like too much effort in the moment? Try something a little easier first like putting on some music that you like. This might then put you in the right mood to get your joggers out and go for a walk.

1. Discuss how you can practice or prepare healthy coping strategies so that you can adopt them when you really need them.