

## THE BUG BOARD

### PROCEDURE:

#### OBJECTIVES:

The students will:

- Discuss feeling annoyed or angry
- Draw and label what others do that makes them annoyed or angry
- List things they do that disturb other students.

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#### MATERIALS:

- Crayons
- Drawing Paper
- Activity Sheet - "What Bugs Me"
- Activity Sheet - "How I Bug Others"

1. Discuss feeling bugged, i.e., annoyed or angry.

2. Have the children draw and label a picture of something that bugs them. Young children will probably have to dictate labels to you.

3. Have the children show their pictures to each other and discuss them. Then post them on a bulletin board. This becomes THE BUG BOARD. (These situations could be used as problems the problem puppets could explore. See "Problem Puppets" in Section Two, Conflict Management: A Classroom Management Tool.)

4. Ask the students to write about "What Bugs Me" and "How I Bug Others" on the activity sheets that follow. Then ask them to break up into small groups and discuss these topics. In a large group, ask students to share what they learned from this activity.

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**PROCEDURE:**

(Continued)

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**DISCUSSION QUESTIONS**

*How do you let people know they are bugging you?*

*How do you get them to stop?*

*What do you do that bugs others?*

*How would you like them to tell you to stop?*

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**DISCUSSION QUESTIONS:**

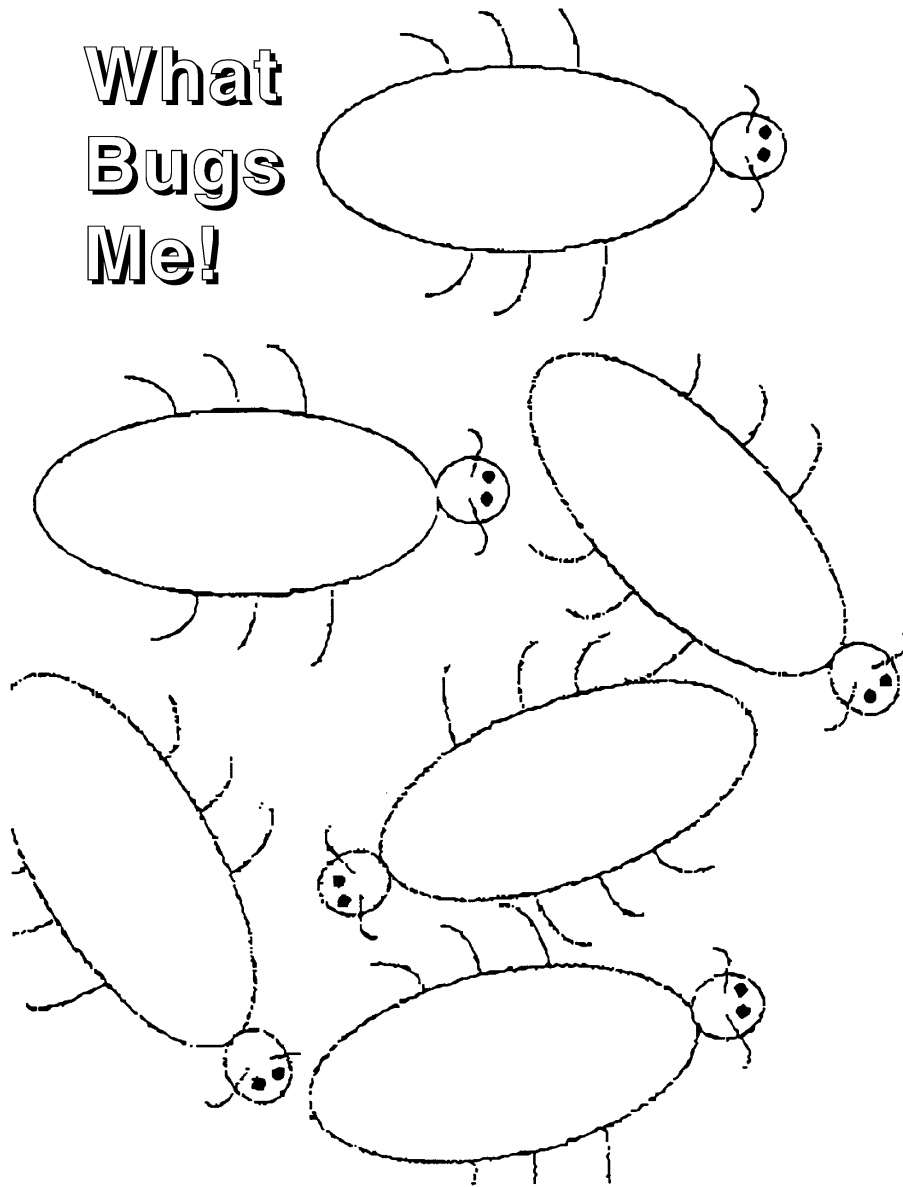
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### WHAT BUGS ME!

Have students write about “What Bugs Me” and “How I Bug Others” on the activity sheets. Then have the students break up into small groups and discuss these topics. In a large group, ask students to share what they learned from this activity.

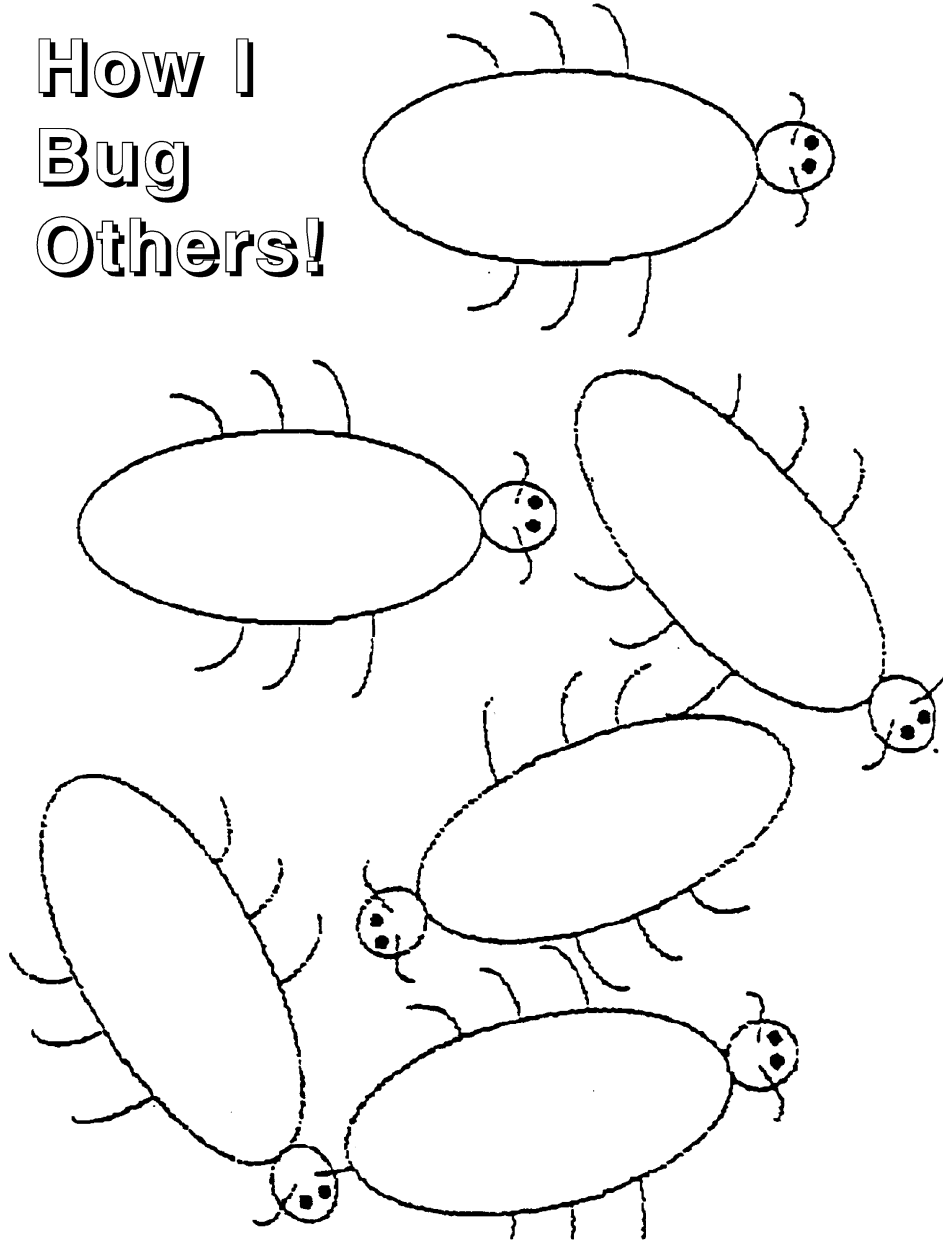
**What  
Bugs  
Me!**



Vinia Roberst, Park Layne School

**HOW I BUG OTHERS!**

**How I  
Bug  
Others!**



Vinia Roberts, Park Layne School



## DEALING WITH FEELINGS - ANGER

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### OBJECTIVES:

The students will:

- Identify positive responses to anger
  - Demonstrate positive ways to respond to anger.
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### MATERIALS:

- A book from the list at the end of this lesson
  - Posters showing “Ways to Handle Angry Feelings” (see step 4)
  - Poster paper for each student, crayons/ marker, construction paper and glue/paste
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### PROCEDURE:

#### Learning Experience:

1. Read one of the books listed at the end of this lesson to the class.

2. Ask students to share what they say and do when they are angry. (Accept all answers without comment.)

3. Explain three helpful ways to deal with anger: (Show poster or write on board.)

- Count to ten

When we get angry and we feel like yelling or hitting or hurting others, it sometimes helps to count to ten to calm down.

- Talk it out

Sometimes it helps to say what’s wrong. (Review “I statements”.)

- Go away by yourself

Sometimes it helps to get away from other people. (Ask them to name some places they could go to spend time alone in the classroom, playground, etc.)

- Explain that they may use one or more of these methods at different times.

4. Explain three helpful ways to deal with someone who is angry with you: (Show poster or write on board)

- Listen and talk

Listen to the other person's "I statements" or find out why they are angry.

Offer an apology or suggestion for solving the problem.