

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

ALL BOTTLED UP

Good for	Exploring untreated anger Verbal skills Whole class Any age
Length	20-40 mins
Resources	Classroom Plastic bottle / glass jar Slips of red / orange paper to write on Pencils
Actions	<ul style="list-style-type: none">• Remind the class of the differences between feelings and behaviour. You can ask them to list emotions and behaviours.• Bring out the bottle• Ask them what they think "Bottled Up Anger" is?• Explain it is when people do not express their anger and keep it inside until they feel like exploding• Ask the group to write things that make them angry on the pieces of paper, and put them in the bottle• Ask how it would feel if we kept that amount of anger inside us?• Discuss ways of releasing anger safely (See Activity 4)
Tips	-
Variation	<ul style="list-style-type: none">• Draw a big bottle on A4 paper and photocopy it for your group• Invite them to write situations that make them feel angry on the bottle• They can keep it in their sketchbooks• Next time they could explore what it feels like to have explosive anger• Draw a volcano. Think of what happens during an explosion of anger and write on the volcano.• Discuss the aftermath of the volcano.• Discuss how a volcano can be avoided• Invite the group to use their bodies and faces to show it feels to be all bottled up

