

ANGER MANAGEMENT: BUILDING EMOTIONAL AWARENESS

EVENT: Workshop on 'Be the Boss of Your Anger'

DATE: 5 October 2026

CONDUCTED FOR: Class 6B

A workshop on 'Be the Boss of Your Anger' was conducted for **Class 6B on 5 October 2026** to help students develop emotional awareness and learn healthy ways to manage anger. Through reflective discussions, students explored anger as a normal human emotion and understood that it can vary in intensity.

The highlight of the session was the '**Anger Thermometer**' activity, in which students rated everyday situations on a scale of 0 to 10, with 0 representing calmness and 10 indicating intense anger. This helped them identify personal triggers and recognise their emotional responses. Students also learned the importance of pausing, assessing their emotional intensity, and practising calming strategies before reacting. The workshop encouraged **self-awareness, emotional regulation, and constructive expression of feelings**.

