A 4-H/CRD Video Discussion Guide

TELL'EM HOW YOU FEEL

The prevailing belief in our culture is that anger is bad. If you observe the way most people handle anger, you will probably discover a continuum with two poles:

SLUG IT OUT .......................................................... GUT IT OUT

Behavior at either pole usually results in negative consequences. Designed to help children deal with angry feelings, TELL'EM HOW YOU FEEL explores the middle range of this continuum by teaching young people a set of responses to anger that can have positive, rather than negative, results.

INTENDED AUDIENCE

Primary grade students.

OBJECTIVES

• Recognize the positive value of expressing anger.

• Learn ways to express anger constructively.

• Identify and evaluate one's own style of conflict resolution.

• Observe an effective and peaceful process used to resolve conflicts.

SYNOPSIS

Adam Colson is six years old and feeling all alone. His father broke a promise, his mother got mad at him, and he got mad at his best friend, Seth. Everything has gone wrong.

Adam retreats to the woods and begins tossing stones in the water to diffuse his anger. Suddenly, a friendly troll named Grindlesnitch presents himself to Adam. From Grindlesnitch, Adam learns what happens when we hold our anger inside and deny our power to get what we want. Grindlesnitch suggests that when we feel angry, we can choose to use our personal power to talk about our anger instead of holding it inside or fighting.

Adam meets Zeke and Google, two dragon pups, and by listening to them fight he learns that telling how you feel may not be enough to solve the problem. Grindlesnitch teaches Adam how to help the dragon pups resolve their conflict with good listening, calm discussion, and a win/win resolution.

Adam learns a great deal during his visit in the woods. He goes home ready to do a good job resolving his own conflicts because he knows he has the skill to resolve conflicts peacefully and the power to help himself.
DISCUSSION QUESTIONS

1. By telling people how you feel and what you want, you can make things better for yourself and develop **power** over your feelings. In the program we saw some ways to do this with anger. How might you use your power when you are very happy? Afraid? Bored?

2. **No name calling, don’t interrupt, and really work on solving the problems** are three helpful rules when you have to solve a problem with another person. How can these rules help make a win/win solution? How do you feel when someone calls you names? How do you feel when someone interrupts your story? How do you feel about working to solve a problem with someone who calls names or interrupts? How do these three rules help us?

SUGGESTED ACTIVITIES

1. Review Adam’s argument with Seth. What happened? What would happen if Adam had resolved the conflict with Seth the way the Grindlesnitch showed him? Ask two viewers to role play the argument up to the point where a resolution might be made. Stop the action and ask the group to suggest things that might be done to resolve the conflict.

2. Let the viewers put on puppet shows. Ask the group to perform a conflict they have experienced with the ending that really happened. Then, ask the group to suggest other ways the puppets can be used to re-enact the conflict for a more positive outcome.

Coronet Film and Video
Length: 18 minutes

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