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HARRY'S BADMINTON GAME

LET'S RESPOND CALMLY EVEN IF
WE ARE ANGRY OR UPSET

Main Value: Non-violence

Sub-value: Appropriate expression of anger

Value Description: Non-violence is commonly understood as not causing physical harm or injury to another. Non-violence also means not causing harm to another being in thought, word and action. We can practice non-violence only when we root out the idea of hurting another at the thought level. This becomes possible when there is love. Thus, Non-violence is derived from the universal human value of Love.

Anger is a natural emotion in human beings. It is perfectly normal to get angry and the best way to deal with anger is to let it out. One should not hold anger inside as it can affect mental and physical health. So it is healthy to

express anger, but appropriately. Hitting, throwing things, kicking, physically harming another person or oneself, throwing tantrums, etc, are inappropriate ways of expressing anger. Some of the appropriate ways to display anger that psychologists have suggested are to move away from the place, speak to an elder, take deep breaths, or drink water. The teacher can share these methods with the students.

Number of Sessions: 2

Learning Objective: To enable students to display anger appropriately.

Learning Outcomes: At the end of the lesson, students will be able to

- (a) Narrate the story
- (b) List inappropriate ways to express anger
- (c) Suggest appropriate ways to express anger
- (d) Suggest peaceful ways to resolve conflicts

Teacher's Notes: Begin the session with 1 minute silent sitting inviting them to take deep breaths in and out.

Teacher's Notes

- a. Ask children if they all like to go out and play with their friends. Invite answers from all.
- b. Ask the children what games they play with their friends and how they play.
- c. Then tell the children that they will learn a story about two boys who loved playing badminton.



Harry and Raj were good friends. They loved to play badminton with other boys.

One day, the boys were all playing badminton. Harry told Raj, "Today I am going to score a lot of points and win the game."

Teacher's Notes

Ask the children:

- a. Who were the two good friends?
- b. Which game did the two friends like to play?
- c. What did Harry like to do?
- d. What did Raj like to do?
- e. What did Harry tell Raj?



Raj was playing very well so Harry could not score as many points as he liked. So, he became angry. In his anger, he threw his badminton racket.

Harry's father saw what happened, called Harry and asked him, "What happened? I saw you throw your racket."

Harry said "I wanted to score more points but I couldn't which made me feel angry". His father replied "Harry, some days you will score well and some days you may not score well, and that's ok too. Instead of getting angry, use that energy to practice more, which will make you play even better. Throwing the racket may break it and then how will you practice?".

Teacher's Notes

Ask the children:

- a. Who was playing well?
- b. Was Harry able to score as many points?
- c. Why did Harry become angry?
- d. What did Harry do when he became angry?
- e. Was Harry right to throw the racket?



Harry thought about what his father had said, took a deep breath, picked up his racket and wiped it clean, ready to play again, this time with a positive attitude.

Teacher's Notes

Ask the children:

- a. What did Harry say to his father?
- b. What did Harry do after picking his racket?

Activities After Storytelling

1. Group activities

Divide the children into groups and encourage them to do the following activities. The activities can be rotated across the groups to identify how each child reacts to the learning and figure out the best approach for each child.

- a. Draw/colour pictures.
- b. Arrange the story cards in sequence or fit the pieces of a jigsaw puzzle.
- c. Connect the dots to reveal an image of a bat or a ball.

2. Whole class activity

- a. Encourage the children to retell the story in their own words.
- b. Identify and appreciate imagination/accuracy.

3. Think Tank

Ask the children:

- a. What do you do if you want to use your friend's pencil?
- b. Can you take your friend's eraser without asking them?
- c. If you are writing something and your pencil breaks, should you throw it?



Parents/family members/guardians can encourage their children to respond gently and calmly even when they are angry or upset.