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not reacting to anger
with anger.*



The Truth Is Out There!

Handling Someone Else's Anger

Learning how to handle our own anger is difficult enough, but what do we do when someone is angry with us? Helping children learn different ways to handle themselves in a potentially explosive situation is critical.

Kids are not equipped on how to handle the anger of others. Someone else's anger is completely out of their control and they feel helpless and frustrated. We need to teach them how to handle an angry person.

Ask your child/student:

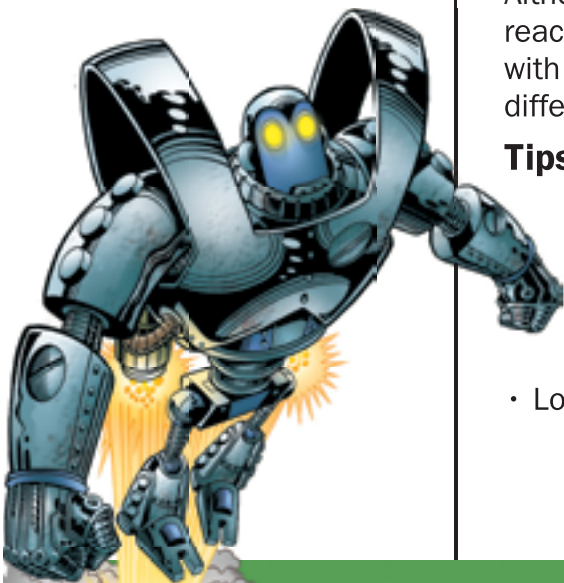
- Have you ever been attacked by an angry person?
- Was the attack verbal or physical?
- Was the attack provoked or did it come without warning?
- How did you respond?

The fact is, most of us will come in contact with an angry person. There are many ways to respond to an angry person but the first thing they should do is try to diffuse the anger. Diffusing anger can be as simple as not reacting to anger with anger. By reacting to anger with anger, a person only creates a more hostile situation.

Although we can't control the emotions of others, we can control how we react to them. We must have plans in place so that when we're faced with an angry person, we will have options. A plan can make all the difference in a stressful situation.

Tips for handling an angry person:

- Breathe and think before speaking
 - Pray a short prayer and asking for wisdom
 - Run, walk, or get away from the situation
 - Try to talk it out, rather than resorting to violence
- Look for help



Holsom Comics Discussion Questions

After the kids have read [Holsom Comics Issue 9](#), ask these questions to spark discussions about how to handle conflict.

- How did Pastor Jenkins calm Noah? (*He didn't respond in anger. Instead he used comforting, calm words.*)
- How did Pastor Jenkins use good judgment when he left the kids alone in the room to talk things out? (*By leaving them alone, it gave the friends time to discuss the evening's events.*)
- What words does Noah speak that let us know he's not upset any longer? (*"Hey, don't worry 'bout it. I forgive you, okay?"*)
- How does Jake's anger come out through his words while talking to Red? (*"The look on that Mouse kid's face...you woulda thought I'd killed his dog instead of smashin' his stupid computer."*)
- What are some things we can learn from the Holsom characters when handling someone else's anger? (*Answers will vary*)



Holsom Object Lesson: Ask an adult to come into the classroom and say something to you in anger. Respond by dropping a stack of heavy books on the floor in an angry way (maybe even yell a little). How do your students react?

ASK: Who yelled in shock? Who jumped? Who froze because they didn't know what was going on?

SAY: Anger happens in an instant. Sometimes we may be able to predict the actions of others, but not always. We can't control the actions of others. No one here was prepared for my outburst! The only thing you can control is how you respond.

Next time you're faced with an angry person, think about this moment and think of the many options available to you. Don't create a worse situation by choosing to react in anger. The choice is yours. Stop, think, and pray for wisdom.

