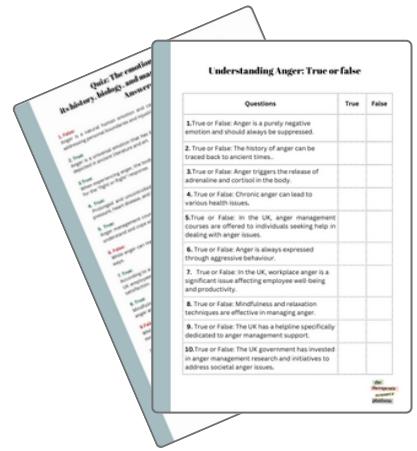


Understanding Anger: True or false

The emotion of anger, its history, biology, and management techniques.



Instruction page

1 Activity Type

Age: 5-18+

Participation Style:

1-1 activity

Group activity

Theme:

Mindful, reflective

Challenge Level

EASY

Resource Format:

Quiz/Games
PDF worksheet

2 General Activity Info

Understanding Anger: True or false

This true-or-false quiz is designed to explore various aspects of anger, including its history, biological effects, and management techniques. The quiz covers the role of anger in human emotions, its physiological impact on the body (such as the release of adrenaline and cortisol), and the potential health issues associated with chronic anger. It also delves into anger management in the UK, including available resources like courses and helplines, as well as the effectiveness of techniques such as mindfulness. The aim of this quiz is to provide factual insights into the complexity of anger and how it can be effectively managed in various contexts.

True or False Activity

Our True or False activity is an engaging way for you to share knowledge with participants. It can be done in a one-to-one setting or within a group. Simply print the worksheet, distribute it, and have participants answer the questions. Once they're finished or after 15 minutes, go through the answers together and discuss them in more detail.

Alternatively, you can ask the questions verbally and have participants show True or False flashcards in response. Flashcard templates are available on our website.

3 Materials Needed

- A printed copy of the resource OR Flashcards.
- Pens.
- A dry-erase marker if you plan to laminate the sheet, making it reusable.

4 Step by Step Instructions

1. Print out the true or false quiz sheet **OR** print out our flashcards if you plan on asking the questions verbally.
2. Give participants time to answer the questions. Then go through each question and their answers.

Top Tip: You could laminate the sheet and use a whiteboard pen to mark off completed tasks, making it a reusable tool for future weeks.

Understanding Anger: True or false

Questions	True	False
1. True or False: Anger is a purely negative emotion and should always be suppressed.		
2. True or False: The history of anger can be traced back to ancient times..		
3. True or False: Anger triggers the release of adrenaline and cortisol in the body.		
4. True or False: Chronic anger can lead to various health issues.		
5. True or False: In the UK, anger management courses are offered to individuals seeking help in dealing with anger issues.		
6. True or False: Anger is always expressed through aggressive behaviour.		
7. True or False: In the UK, workplace anger is a significant issue affecting employee well-being and productivity.		
8. True or False: Mindfulness and relaxation techniques are effective in managing anger.		
9. True or False: The UK has a helpline specifically dedicated to anger management support.		
10. True or False: The UK government has invested in anger management research and initiatives to address societal anger issues.		

Quiz: The emotion of anger, its history, biology, and management techniques.

Answersheet

1. False:

Anger is a natural human emotion and can serve as a valuable signal for recognizing and addressing personal boundaries and injustices.

2. True:

Anger is a universal emotion that has been experienced and explored in human history, often depicted in ancient literature and art.

3. True:

When experiencing anger, the body releases hormones like adrenaline and cortisol, preparing it for the "fight or flight" response.

4. True:

Prolonged and uncontrolled anger can contribute to health problems, such as high blood pressure, heart disease, and mental health disorders.

5. True:

Anger management courses and counselling are available in the UK to help individuals better understand and cope with their anger.

6. False:

While anger can manifest as aggression, it can also be expressed in assertive and constructive ways.

7. True:

According to a study by the Chartered Institute of Personnel and Development (CIPD), 43% of UK employees reported experiencing anger at work, leading to reduced productivity and job satisfaction.

8. True:

Mindfulness practices, deep breathing, and relaxation techniques can help individuals reduce anger and improve emotional regulation.

9. False:

While there are helplines for mental health support in the UK, there is no specific helpline exclusively for anger management.

10. False:

As of my last update in September 2021, there were no specific government initiatives solely focused on anger management in the UK. However, mental health services and general well-being support are available through the National Health Service (NHS).

Please remember that statistics and resources may change over time, so it's advisable to refer to the most current and official sources for the latest information on anger management in the UK.