

Learn Something

Summary

This activity invites participants to reflect on the causes of aggression and possible ways how to avoid it.

Aims

To learn more about aggression. To discover its variations and things that reduce aggression.

Participants

Anyone.

Method

storytelling

Keywords

aggression, stories, pictures

Contributor

Qualed

Description

Think of a story in which you or someone you know was frustrated, angry, or experienced other emotions that may lead to aggressive behaviour.

Draw a short sketchbook.

The group divides into groups of 3 – 4 participants, in which the people show each other the picture and share the stories.

The instructor invites them later to share and think in the next step about the following questions: What happened next? Was there the aggression? What prevented you / the person from the story not to be aggressive?

The group tries to think of techniques to use to prevent the aggression from occurring.

Material

- something to draw/write for each participant
- print out of the handout for each participant

Handout

Yes

This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Project Number: 2018-1-DE02-KA204-005060



Co-funded by the
Erasmus+ Programme
of the European Union