



ANGER MANAGEMENT AND GURBANI

Activity

Watch the movie 'What Shall we do with Angry Monster' on following link

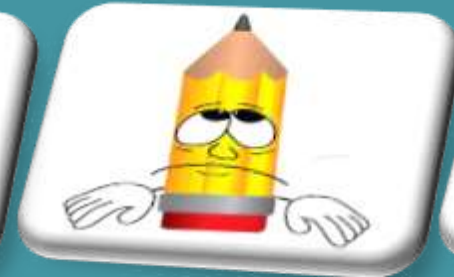
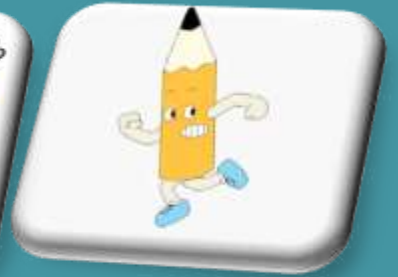
https://www.youtube.com/watch?v=bs_om-CUEPQ

Please stay focused during the movie. There will be questions from this movie throughout the session.

Time : 5 Minutes

Questions From Video

- What was Angry Monster doing?
- Do we all experience something like Angry Monster?



- Do you like to be friend with someone who is always angry?

Anger is our topic



- What is **Gurbani** telling me about Anger
- What makes me **Angry**
- What solutions **Gurbani** provides me to stay happy

There will be activity in the end

Gurbani's Guidance

ਪਰ ਨਿੰਦਾ ਪਰ ਮਲੁ ਮੁਖ ਸੁਧੀ ਅਗਨਿ ਕ੍ਰੋਧੁ ਚੰਡਾਲੁ ॥

par ni(n)dhaa par mal mukh sudhee agan karodh cha(n)ddaal ॥

ਪਰ ਨਿੰਦਾ - Backbiting ਅਗਨਿ - Fire ਕ੍ਰੋਧੁ - Anger ਚੰਡਾਲੁ - Monster

- Why do you think anger is linked to Monster in video and Gurbani?

Activity

Show a piece of paper to kids and ask them what is the purpose of paper?

Dip paper in water and ask if this can be of any value now?

Time: 2 Minutes.

Gurbani's Guidance

ਕਾਮ ਕ੍ਰੋਧ ਕਾਇਆ ਕਉ ਗਾਲੈ ॥

kaam karodh kaiaa kau gaalai ॥

ਕ੍ਰੋਧ - Anger ਕਾਇਆ - Body / Mind ਗਾਲੈ - Dissolve; like wet paper

Anger melts or takes away the good habits from my mind. Like water spoils the paper, fire burns wood; angry monster spoils my good things (peace, friendship, time).



Gurbani's Guidance – Summary

ਪਰ ਨਿੰਦਾ ਪਰ ਮਲੁ ਮੁਖ ਸੁਧੀ ਅਗਨਿ ਕ੍ਰੋਧੁ ਚੰਡਾਲੁ ॥

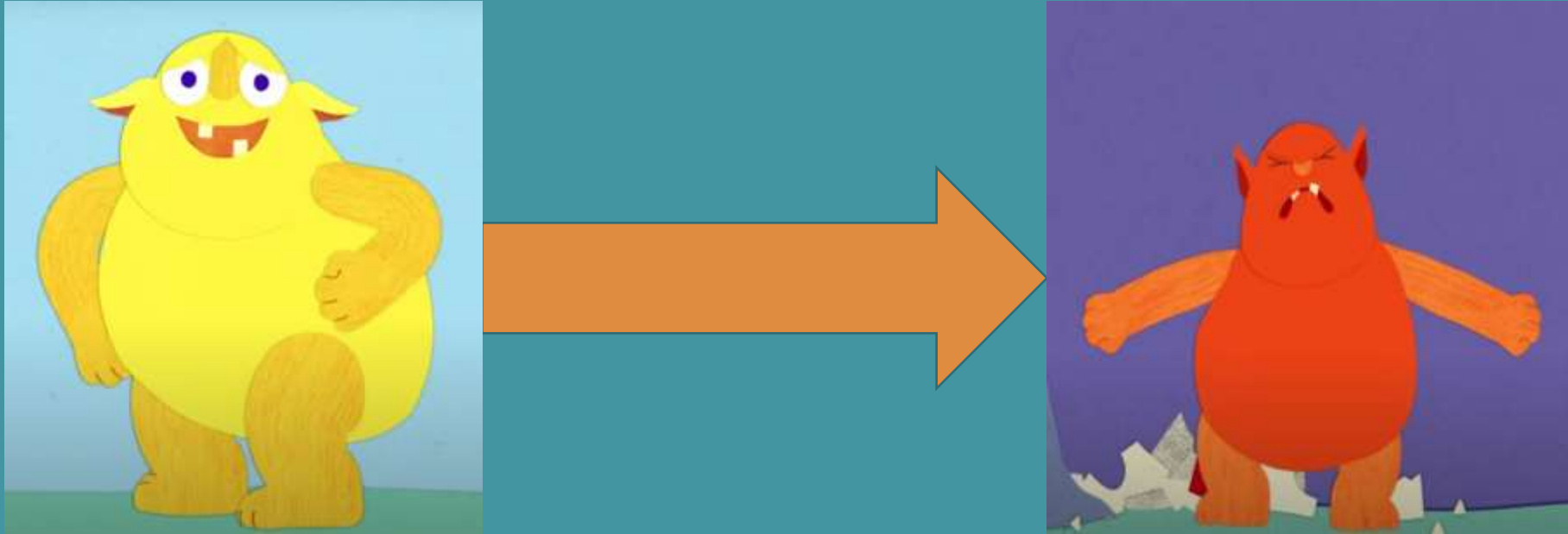
ਕਾਮੁ ਕ੍ਰੋਧੁ ਕਾਇਆ ਕਉ ਗਾਲੈ ॥

What did we learn from these two panktis of Gurbani?

Anger melts or takes away the good habits from my mind – like monster was breaking house in the video.

Anger burns my friendships, makes enemies and even spoils my own mind and body over the time – like no one wanted to be friend with monster, till he was angry

What makes me go from happy person to angry monster?



- We all want to be a good Sikh
- What makes this monster come within me?

Activity

With person sitting next to you, discuss:

- 1) What made Monster really angry?
- 2) What type thorns bother / annoy me in my real life? For e.g. I get annoyed when someone doesn't take care of my toys.

Time : 2 Minutes

Raise hands, when you are ready.

Thorn 1 – Lets go through some examples

- Some kids love to tease and others are very considerate
- Some kids like to keep things organized and others are messy
- Some kids like to share and some don't



When I have to work with kids of different nature, I feel they are doing wrong things to me.

Lack of Acceptance of people around me – makes me angry or annoyed

Thorn 2 – Lets go through some more examples

My Expectation	Reality	Outcome
Go for shopping after dinner	Car tire puncture	Angry on Car and Parents
Do my homework using Ipad	It stopped working for some reason	Angry on iPad and Parents
Daddy to bring lollies from woolies	He forgot as he had big list of shopping	Angry on Dad
No HW from School – will be able to complete home activities	Teacher gives essay and I couldn't do home activities	Angry at Teacher and Parents
I will be able to complete my HW	I got busy in TV and didn't do HW	Angry at Parents

When things don't happen as I expect them to be – I get angry or annoyed

Summary - What Makes Me Angry?

- Thorn 1 - I feel someone has done something wrong or bad.



- Thorn 2 - When people or things around me don't work as per my expectation.



Activity

Discuss with the kid, sitting next to you.

- How can we calm the angry monster within us?

Time: 2 Minutes.

Now let's learn from Gurbani on how to take thorns from our life.

Gurbani Guidance – Develop Acceptance

ਮੇਰੈ ਪ੍ਰਭਿ ਸਾਚੈ ਇਕੁ ਖੇਲੁ ਰਚਾਇਆ ॥ ਕੋਇ ਨ ਕਿਸ ਹੀ ਜੇਹਾ ਉਪਾਇਆ ॥

merai prabh saachai ik khel rachaiaa || koi na kis hee jehaa upaiaa ||



Fast Bowler



Spinner



Wicket Keeper



Batter



Fielder



Captain

- What is common between all the images above?
- What is different in all the images above?

What does this pankti teach me

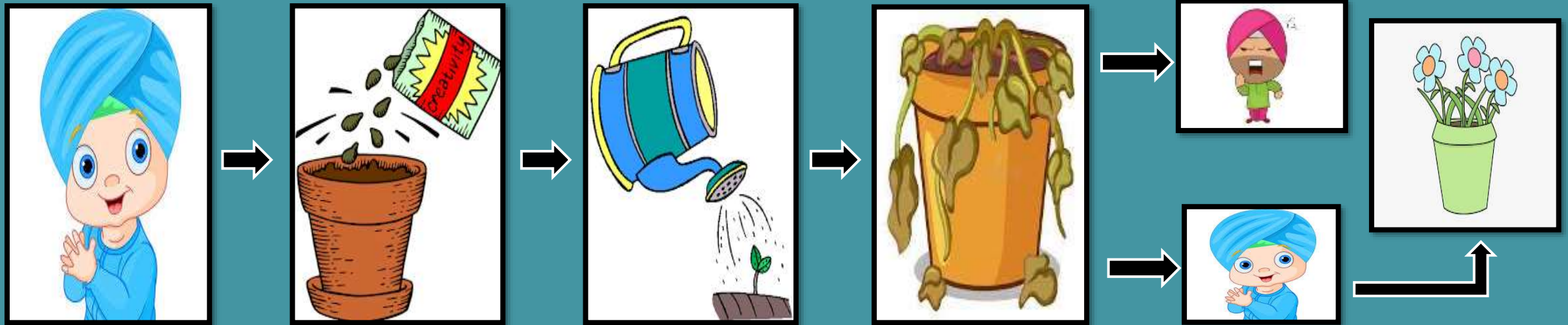
ਮੇਰੈ ਪ੍ਰਭਿ ਸਾਚੈ ਇਕੁ ਖੇਲੁ ਰਚਾਇਆ ॥ ਕੋਇ ਨ ਕਿਸ ਹੀ ਜੇਹਾ ਉਪਾਇਆ ॥

- We are all part of a game – we all have a different role to play and responsible for our own part.
- In the game of life, I am responsible for my behavior and I need to act as per Gurbani's guidance.
- As I see people do things differently (which I am not happy with), I need to keep reminding myself to focus on myself. More I understand this, less angry I get with others.
- Acceptance helps to take one Angry Thorn out of my life

Gurbani Guidance – Deal with Unexpected

ਤੇਰਾ ਕੀਆ ਮੀਠਾ ਲਾਗੈ ॥ ਹਰਿ ਨਾਮੁ ਪਦਾਰਥੁ ਨਾਨਕੁ ਮਾਂਗੈ ॥੨॥

teraa keeaa meeThaa laagai ||har naam padhaarath naanak maa(n)gai ||2||



What do you learn from the image above?

What does this pankti teach me

ਤੇਰਾ ਕੀਆ ਮੀਠਾ ਲਾਗੈ ॥ ਹਰਿ ਨਾਮੁ ਪਦਾਰਥੁ ਨਾਨਕੁ ਮਾਂਗੈ ॥੨॥

- Can we change outcome by being Angry or Crying?
- My job is to choose the best action according to my situation - Waheguru Jee chooses best outcome for us.
- Sikhs always stay in Chardi Kala – Doesn't matter whatever the outcome is, I have to always stay positive.
- Staying in Chardi Kala takes Anger (thorn) out of my life.

What Can I do if I feel Angry from tomorrow?

- Recognise I am angry and acknowledge that it's wrong feeling
- Look inside yourself to understand what caused anger
- Have faith that person that you are angry with is not having wrong intent. May be other person was having bad day
- Recite panktis from Gurbani that we learnt today and try to stay Calm
- If you still feel that someone is deliberately annoying you – have a friendly Chat with them and listen to their View
- Develop habit to Forgive

CONCLUSION

- Anger is like a monster. It burns all my good habits over the time. Like water spoils the paper, its same thing that anger does to my good habits
- Accept everyone is different, I need to keep reminding myself about this teaching of Gurbani.
- Sikhs always stay in Chardi Kala – Doesn't matter whatever the outcome is, I have to always stay positive.
- Anger is my response to things happening around me. I Can't Change things around me but I can Change how I respond to them.
- Anger is not an option in any situation.