



5 January 2023

Dear Parents and Carers,

### Re. Anger Defuser Game

I would like to invite your son to take part in 4 small group sessions of a therapeutic board game called "Anger Defuser". The aim of the game is to learn to reduce angry outbursts and enable students to support each other. The game is suitable for young people between 8 and 18 years old.

Please fill in the form below to apply for a space. Spaces are limited, and so will be offered on a first come, first served basis initially.

<https://forms.office.com/e/d8YCqueisz>

I have places for up to four students to attend all four sessions. Dates of the sessions are as follows:

26.01 at P5  
03.02 at P2  
10.02 at P3  
23.02 at P5

Somebody defused explosive anger! But which character was it? And where? What coping skill was used? Players play the role of a detective, searching for clues to the mystery. Finding answers to the who, how, and where, all while learning important coping skills and techniques to control anger.

- Players learn various coping skills to combat anger while trying to solve the mystery
- Exciting gameplay inspired by the classic board game Clue®
- Anger Defuser is the therapeutic game kids and teens want to play again and again

Sample cards:

- Kids: "Take a few slow deep breaths through your nose and out of your mouth. How can deep breathing reduce angry outbursts?"
- Kids: "What does it mean to be in charge of your feelings?"
- Teens: "Celebrities sometimes get bad press for getting angry or in fights in public. Should they try to control their anger better? Why or why not?"

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- Teens: "Sometimes people respond in anger when they are really sad or worried. Why?"

The form needs to be filled in by Friday 20 January 2023.

You will be notified if your son will be able to join this activity on this initial round. There is a possibility to form another group if there are enough participants.

Yours sincerely,

**Alicja Raffray**  
School Counsellor

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