Small Group Ministry

Group Session Plan – Parent, Adolescents

**Anger**

**Materials Needed**

Journals, Chalice

Small tubes of toothpaste and a small dish for each participant

Chalice

**Opening Words**

When our communication supports compassionate giving and receiving, happiness replaces violence and grieving!

*-- Center for Nonviolent Communication founder, Marshall B. Rosenberg, PhD*

Out beyond ideas of wrongdoing, and right doing, there is a field. I will meet you there. *--Rumi*

**Chalice Lighting:** As Unitarian Universalists we promise to offer each other loving kindness. And, we must also remember to be kind and loving to our own selves.

**Check in:** This is a time to briefly share how you are doing today, in order to free yourself to be present here. This is a time to listen with full attention to each other and accept each person’s sharing in silence.

**Topic/Activity**: Invite all to open their toothpaste and squeeze out all the contents. Let them struggle with this. Now invite them to try to get the toothpaste back in the tube. Say something like: The toothpaste is like angry words, once they are out, it is really hard to get them back in.

Anger is a part of life, as is conflict. Sadness often walks hand in hand with anger. How do we cope? How do we recover after a fight? How do we take back words that we wish we hadn’t said? How do we salve our own wounds when your youth assailed us with stinging words?

You might help lead the conversation toward ***rules*** while in conflict.

* Listen hard for underlying causes for the conflict, even if they are not the topic of the conflict at hand.
* Keep comments positive.
* Look for affirmations of your child’s character and moral judgment and point them out to your child.
* Take turns listening and talking.
* Refrain from interrupting.
* If the conflict is escalating, draw attention to that fact and invite everyone to take a deep breath and calm down.
* Practice forgiveness, of your child and of yourself.
* Give plenty of room to honor your feelings and those of your child.
* Be frank, honest, kind, and don’t run away.

**Check-out/Likes and Wishes**: How was the session for you?

**Closing**

I am being driven forward into an unknown land.

The pass grows steeper

The air colder and sharper

A wind from my unknown goal

Stirs the strings of expectation.

Still the question

Shall I ever get there?

There where LIFE resounds

A clear pure note in the silence.

-Dag Hammarskojd (SLT 486)

*Parenting Adolescents,* Karen Fisk, Unitarian Universalist Community Church, Augusta, ME

Published in *Small Group Ministry With All Ages,* UU Small Group Ministry Network, 2011