

# The Purpose of Anger



## Let's take a closer look:

Serena and Jin have spent their whole lives believing anger was bad, and they struggle to accept a different perspective. Neither are convinced anger has a purpose, or that it's sending useful messages.

- Anger protects us, gives us courage, strength, and helps us fight off danger.
- Anger can help us speak up when something is important and can be used to promote change for the better.
- Anger can be a motivator for performances or competition.

# Many more animations are inside the membership area!

Serena and Jin struggle with their anger... it gets them in trouble and leaves them feeling out of control. For the first time, they learn that anger is not a "bad feeling," they just need to understand it. Join their adventure to transform your own anger!



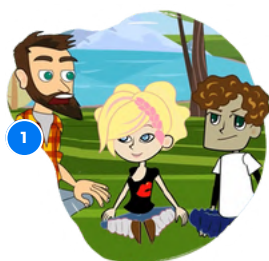
What if anger was one of the most misunderstood feelings? Follow along as Serena and Jin explore their anger with Raj, an older student. And find out how they manage to finally transform their anger into positive change.

Over 4 modules, kids and teens will gain a better understanding of what triggers their angry outbursts. They will also learn how to regulate their emotions and thoughts based on proven and effective techniques for anger transformation.

**GoCharge! is just one of 9 animated programs that teach essential life skills in a format kids love.**

[GoZen.com/anger/](https://GoZen.com/anger/)

# What's included in the GoZen! subscription?



## GoZen! Anxiety/Stress Relief Program

6 Modules / 36 Animations / 75+ Minutes of Video

Our flagship animated program for kids of all ages who have anxious, fearful, or hopeless thoughts.

- How anxiety/excessive worry affects the body & mind
- Physical understanding of the brain and how it deals with worry
- Recognizing "ThoughtHoles" or thoughts that distort reality
- The 5Cs of resilience, the FARR Method and other techniques



## GoStrengths! Well-being/Resilience Program

10 Modules / 115 Animations / 125+ Minutes of Video

A comprehensive animated resilience program for kids of all ages used for bullying prevention, self confidence, and SEL skills.

- Well-being, purpose, self-awareness and self-compassion
- Resilience, grit, and character strengths
- Problem solving, goal setting, fixed vs. growth mindsets
- Social connections and listening skills



## GoMindset! Growth Mindset Program

3 Modules / 11 Animations / 40+ Minutes of Video

An animated program for kids and tweens about taking on challenges, persevering through frustration, and fostering a growth mindset.

- Identify and use mistakes as a springboard for growth
- Talk back to self-critical inner voices
- Handle frustration and work through it
- Use science-backed goal-setting techniques



## GoCharge! Anger Transformation Program

4 Modules / 19 Animations / 50+ Minutes of Video

An animated program for tweens and teens about dealing with anger, frustration, and big reactions to situations.

- Why anger is a normal, healthy emotion and the messages anger is trying to send, how to "talk to" your anger
- Recognizing the underlying thoughts and emotions beneath anger
- Breaking the cycle of angry reactions, feeling in control/empowered



## GoToTheNow! Mindfulness Program

1 Module / 12 Animations / 40 Minutes of Video

An animated introduction to mindfulness for all ages, featuring multiple tried-and-true exercises that kids can follow along with.

- The connection between thoughts and reactions
- Being in the present moment vs focusing on the past or future
- Breathing exercises, movement exercises and guided meditations
- Finding calm from impulsive, hyperactive and reactive behaviors



## GoPositive! Negative Thought Relief Program

1 Module / 7 Animations / 30+ Minutes of Video

An animated program for tweens and teens all about negative self-talk, self doubt, and how to break free from negative thought cycles.

- The "sticky" nature of negative thoughts
- Transforming our relationship with negative thoughts
- Treating yourself with compassion instead of criticism
- Separating thoughts and feelings from our sense of self-worth

Learn more at [GoZen.com/programs/](https://GoZen.com/programs/)

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## GoAction! Procrastination Relief Program

1 Module / 6 Animations / 24+ Minutes of Video

An animated program for tweens and teens about procrastination and executive functioning skills.

- The characteristics of procrastinators and how procrastinating creates problems
- Breaking down goals into smaller steps and preparing for setbacks with When-Then and If-Then techniques



## GoWave! Panic Attack Relief Program

3 Modules / 14 Animations / 60+ Minutes of Video

An animated program for tweens and teens experiencing panic attacks all about dealing with uncomfortable feelings.

- All about the Fight, Flight, or Freeze response
- Recognizing triggers and mind tricks and how "What Ifing" can lead to panic
- Learning to "ride the wave of feelings"
- Methods to conquer panic attacks



## GoHackify! OCD Relief Program

5 Modules / 30 Animations / 110+ Minutes of Video

An animated program for use with kids and tweens experiencing OCD. Includes a 165-page workbook for kids and a support workbook for parents.

- Identifying and managing intrusive thoughts
- Identifying and managing repetitive behaviors
- The continual cycle of Brain "Spam", techniques to break the cycle
- Extra material so parents are on the same page



## Anger Transformation Challenge

2 Modules / 10 Videos / 27+ Minutes of Video

A live-action challenge series + printable journal, taught by a peer.

- Responding to anger instead of reacting to it
- Understand what your anger is communicating
- Identify positive character strengths in yourself and loved ones
- Uncover stories you're telling yourself about your feelings
- Practice conflict resolution in a healthy way



## BONUS: Experts On-Demand Library

150+ Interviews / 8 Masterclasses / 3 Workshops

World-renowned experts on grit, motivation, resilience, courage, sleep, screentime, and more teach us how to be the parents and educators our kids need.

- 150+ full-length videos of each interview (averaging 45 minutes each), full transcripts, and MP3s
- Advice from each interview is made actionable with engaging worksheets
- Access to our 3 super-popular parenting workshops, with more on the way!



## BONUS: Printable Library

Activity Kits / Journals / Flashcards / Posters / Audio Stories

An extensive, fully searchable library of PDF printables, categorized by topic or format so you can always find exactly what you're looking for.

- Over 100+ printables that can be used separately or as a complement to the programs
- Easy to use handpicked "kits" grouped by age and topic
- New downloads are added each month!

Learn more at [GoZen.com/programs/](https://GoZen.com/programs/)