



Just Breathe

This short film is composed of brief interview segments with children, exploring their perspectives on anger and how they learned to deal with it.

Recommended for all ages

Themes: social and emotional development; diversity; coming of age; mindfulness

Director(s): Julie Bayer Salzman & Josh Salzman | **4 min** | **Documentary** | **2015**

Country: USA | **Language:** In English subtitles

Official film website: www.wavecrestfilms.com



SET THE STAGE | THOUGHT-STARTERS

BACKGROUND INFORMATION

The directors were inspired to create this film based on their own child's experience learning about and dealing with anger issues at school. This film helps to educate children about social and emotional experiences while taking an artistic and cinematic approach.

WORDS TO KNOW

- **Amygdala:** The amygdala is a part of the brain that plays a key role in the processing of emotions such as fear, anger, and pleasure.
- **Close-Up Shot:** This type of camera shot shows a detailed view of the person or subject, typically including just a person's face and shoulders.
- **Mindfulness:** A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.
- **Resilience:** The capacity to recover quickly from difficulties.

For more film terms, refer to the PCFF Film Glossary (pcfri.org/FilmHub).



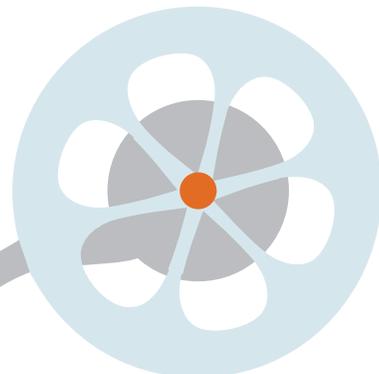
Pay attention while watching

Clues and Cues

- How do you feel when you watch the glitter jar?
- How do the music and the sounds make you feel as you watch the film?

TALK ABOUT IT | DISCUSSION

- Can you remember a time when you felt very angry? Where did you feel it in your body? What do you think is the most effective way to deal with anger or frustrating situations? How do you deal with those situations? Do you think you deal with your own anger effectively? What could you do better?
- The filmmakers only include adults about halfway through the film, and they don't have any speaking parts. Meanwhile, all the children in the film have speaking parts. Why do you think the filmmakers chose to do this?
- The one non-human visual in this film is the glitter jar. What is so important about the glitter jar? How is it used to tell the story and explain the process of anger?
- Is there a conflict at the start of this film? How is the conflict resolved in the film? At what point do you think the film starts to resolve the conflict? How does the film represent "dealing with anger" through visuals and sound?
- This film is shot completely in black and white and composed of nearly all "close-up" camera angles. Discuss why you think the directors chose to present the film using these filmmaking techniques.
- The film features people of varying age, race, and background. What does this teach us about anger and whom it affects?



GET CREATIVE | EXTENSION ACTIVITIES



For Activity Reel details, downloadable storyboard template and more, visit the the Film Hub website: www.pcffri.org/FilmHub

• Writing Prompt

Materials: Paper and pencil

Divide your paper into 2 columns. In Column A, write a physical description of what it feels like to be really angry. In Column B, write or draw what is going through a person's head: What words come to mind? What images or wishes pop up? Optional: Use the columns to tell what actually happened and what the writer wishes had happened that might have been a better way to handle the situation.

• Problem and Solution

Materials: Poster board or a sheet of paper

Fold a poster or sheet of paper in half. On one side, make a list of familiar situations which usually make you angry or frustrated. On the other side, create a list of possible solutions for dealing with those anger-inducing or frustrating situations. You can include multiple ways of dealing with each situation. After making their own lists, students can also share their solutions with the group.

• Time for Your Close Up

Materials: Camera (phone/iPod/DSLR) or magazine clippings /photos, printer (optional)

The film uses nearly all "close-up" images of people's faces as well as "extreme close-ups" of areas of their faces. Using a camera (or magazine/photo clippings), practice taking "close-up" (CU) and "extreme close-up" (ECU) pictures of both people and objects. Print some of your favorite CU and ECU photos and have people guess what the object is, who the person is, or even what the person is feeling. Can you tell if someone is making a sad or happy face just by their eyes? How can you tell?

• Make a Glitter Jar

Materials: Jar or plastic bottle with lid, glitter, water

In this film, a glass jar filled with water and glitter represents a person's brain. When the jar is shaken (simulating getting angry) the glitter becomes chaotic before settling (calming) down at the base of the jar again. Using a jar or bottle, water, and glitter, create your own "brain." When you feel angry, shake the jar and then watch the glitter fall to the bottom, taking the time to remind yourself to calm down the right way. Practice using your jar and allowing time for the glitter to settle in stressful situations.

MAKE CONNECTIONS | ADDITIONAL RESOURCES

The following resources complement the film and inspire further discussion or programming.

BOOKS

• When Sophie Gets Angry—Really, Really Angry...

by Molly Bang

This picture book uses bright colors and strong visuals to communicate a child's experience with anger.

• Spinky Sulks

by William Steig

This picture book respectfully (and playfully) tells the story of a very angry boy.

• If You're Angry and You Know It!

by Cecily Kaiser and Cary Pillo

This picture book is a song that teaches children calming techniques in a playful fashion.

• The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate

by Susan K. Greenland

This book shows parents how to teach their children mindfulness techniques.

FILMS

• Rainbow (Dhanak) (2015)

Two orphaned siblings (ten-year-old Pari and her brother, eight-year-old Chotu) leave an abusive aunt in search for medical help to bring back Chotu's eyesight.

• Wadjda (2012)

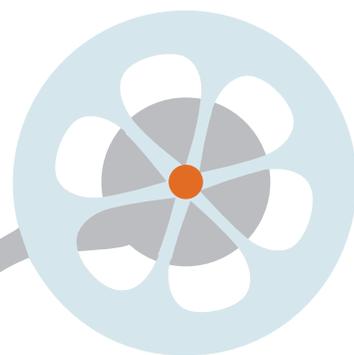
Ten-year-old Wadjda challenges deep-rooted Saudi traditions in a determined quest to buy a bicycle.

• Indicates PCFF festival selection

LOCAL CONNECTIONS

• **Resilient Kids** A Rhode Island organization which brings mindfulness into local schools. www.resilientkids.org

• **Rhode Island Anger Management Training** www.angermanagementonline.com/anger-management-rhode-island.html



BEYOND THE FILM | RELATED INTERNET LINKS

- **An educators' online resource center about mindfulness in schools:**
www.mindfulschools.org/
www.apa.org/topics/anger/control.aspx
www.parents.com/fun/entertainment/movies/50-best-videos-for-kids/
www.teachwithmovies.org/
www.scholastic.com/parents/resources/article/praise-discipline/anger-management-children
pbskids.org/itsmylife/emotions/anger/index.html
kidshealth.org/teen/your_mind/emotions/deal_with_anger.html
www.drweil.com/drw/u/ART00521/three-breathing-exercises.html
- **"When Mindfulness Meets the Classroom"**
www.theatlantic.com/education/archive/2015/08/mindfulness-education-schools-meditation/402469/
- **ABCNews report on effectively dealing with anger:**
abcnews.go.com/Technology/anger-management-study-fly-wall/story?id=16759022
- **Anger Management Techniques:**
www.youtube.com/watch?v=BsVq5R_F6RA
- **Controlling Emotions: A Lesson from Angry Birds:**
www.youtube.com/watch?v=pFkRbUKy19g
- **PBS: It's My Life Video Series:**
www.pbskids.org/itsmylife/video/index.html

