



Name: _____

Class: _____ Date: _____

JAM Speeches about Anger

An extension of "Angry? Let words work for you"

This year, you'll find a series called "Cool It Down" in *What's Up*. The series invites you to focus on choosing words wisely in everyday life. The first article is about what to say — or not say — when you feel anger. Read "**Angry? Let words work for you**" (page 23, *What's Up* January 2026) to learn more. Then, carry out this whole-class activity.

ON YOUR OWN

1. Pick one of these statements, ideally the one that you connect with the most.

- Getting angry is human.*
- When you feel angry, your body is telling you something.*
- Sometimes, it is smart to say how angry you are immediately.*
- Choose your first words carefully as they set the tone of what follows.*
- When you get angry, don't use foul words, put-downs, and threats.*
- Being assertive means speaking firmly while being respectful to yourself and others.*
- Don't let your anger rule you! Be the boss of your own feelings and words.*
- Putting your feelings into words can change what is going on inside you.*
- Self-talk works!*
- If you let anger go out of control, you won't just hurt others — you will hurt yourself in the end.*

2. Prepare your "just-a-minute" (JAM) speech. The JAM speech should include

- what the statement means to you
- an example
- advice for your classmates.

Sometimes, it makes sense to keep speeches brief — even as short as just a minute. In fact, just-a-minute (JAM) speeches can be very effective if you prepare them well.

AS A WHOLE CLASS

3. Take turns delivering your JAM speeches in class. Encourage every speaker. You may clap and cheer at the end of a JAM speech but please remain silent while a person is speaking.
4. Together, reflect on how a JAM speech is different from longer speeches. What are its pros and cons? Share your observations with other readers by emailing a note to letters@whatsup.sg.