

## **Debate Examples For Class 8**

### **Topic: "Anger Management".**

Honorable Principal, Respected teachers and my dear friends, today I would like to share with you the importance of "Anger Management".

The growing intolerance among the new generation resulting in violence towards teachers is a matter of grave concern.

The old-age student teacher relationship is losing its sheen. Aggressiveness in students may be triggered by several things: as a self-defense reaction, stressful situation, over-stimulation or lack of adult supervision.

It has become the need of the hour to curb the situation. Life skills classes shall be inculcated in the time-table.

Teachers should be given training to handle such defiant and hostile behavior. Meditation and deep breathing also helps and thus, should be practiced every morning.

Students must be taught to count till 10 before reacting in anger. Also, sessions on anger management and its far-reaching importance must be held.

Remember, Anger is one letter short of danger. It makes it all the more important to be able to diffuse one's anger.

It's never too late to begin because a wise man once said,

"For every minute you remain angry, you give up sixty seconds of your peace of mind."

Thank you.