

Rage rooms: can smashing stuff up really help to relieve anger and stress?

Level 1: Elementary

1 Warmer

a. People have many different ways of dealing with stress. Some are positive and some are negative. Look at the list and write P (positive) or N (negative). Then compare with a partner.

going for a walk
 listening to music
 eating junk food
 talking to friends
 sleeping all day
 listening to music
 shopping online

Other: _____

2 Key words

a. Choose the correct word or expression to match each definition. Then find and highlight them in the article to read them in context.

1. to remove or reduce unpleasant feelings or pain
 - a. break-ups
 - b. challenges
 - c. relieve
2. strong worries or fears
 - a. unique
 - b. concerns
 - c. aggressively
3. the act of damaging or breaking something so that you cannot use it anymore
 - a. destruction
 - b. global
 - c. unique
4. an activity where you use your hands to experience something
 - a. challenges
 - b. hands-on
 - c. smash
5. the end of romantic relationships or friendships
 - a. relieve
 - b. unique
 - c. break-ups

Rage rooms: can smashing stuff up really help to relieve anger and stress?

Level 1: Elementary

6. to break something in many pieces, usually in loud or angry way
 - a. smash
 - b. global
 - c. concerns
7. new or difficult tasks or situations
 - a. relieve
 - b. challenges
 - c. hands-on
8. in a way that is very angry or violent
 - a. destruction
 - b. break-ups
 - c. aggressively
9. very special or different, the only one of its kind
 - a. unique
 - b. smash
 - c. hands-on
10. related to the whole world or many different countries
 - a. destruction
 - b. global
 - c. concerns

b. Complete the sentences with words from the previous activity.

1. Liza wanted to move to a new city, but she had lots of _____.
2. English is a(n) _____ language – people speak it in many different places.
3. I'm excited for my coding class. I enjoy learning in a fun, _____ way.
4. Reality shows often use physical _____, like races or sport competitions.
5. Rest and relaxation can help _____ a bad headache or cold.
6. After the winter storm, there was a lot of _____ in the city centre.

Rage rooms: can smashing stuff up really help to relieve anger and stress?

Level 1: Elementary

Venues promoting destruction as stress relief are appearing around the UK but experts – and our correspondent – are unsure

Nicola Davis

29 November, 2025

- 1 Do you find it hard to count to 10 when you're angry? A new idea offers a more hands-on activity. Rage rooms are opening across the UK. They allow people to smash old TVs, plates and furniture.
- 2 Rage rooms started in Japan in 2008, but they are now global. Many rage rooms in the UK say that destruction can help relieve stress.
- 3 Amelia Smewing is the owner of rage room in south-east London. She started the business with her husband to help their son with PTSD.
- 4 Rob Clark is a rage room director. His customers include younger people who want a unique experience, groups of women celebrating break-ups and people using the space to help with stress or mental health challenges.
- 5 Lucy Bee started another UK rage room. She said people also just come for fun. At her rage room, the typical "rager" is female – "early 40s, woman, a couple of kids, good job," she said.
- 6 Some experts have concerns.
- 7 Dr Sophie Kjærviik works at the Norwegian Center for Violence and Traumatic Stress Studies in Oslo. She wrote an article about the effects of different activities on anger. She explained rage rooms can have negative effects on users. They can make the feelings of anger increase.
- 8 "We found that doing meditation and mindfulness and muscle relaxation activities are way more productive ways of dealing with anger."
- 9 Prof Brad Bushman of Ohio State University wrote the article with Kjærviik. He also had concerns. He explained that when people are in rage rooms, "they're just practising how to behave more aggressively."
- 10 Suzy Reading is a member of the British Psychological Society and author of the book *How to be Selfish*. She explained that there are many ways to express anger, like writing and breathing exercises. She said that rage rooms may help with stress, but they do not give people information about the causes of their anger.
- 11 "If there isn't an understanding of what caused it, then we just go back into our home lives and our work lives and our communities, and nothing changes," she said.

© Guardian News and Media 2025

First published in *The Guardian*, 29/11/2025

Glossary

PTSD: Post-Traumatic Stress Disorder, a mental health condition related to a very bad experience in the past

Rage rooms: can smashing stuff up really help to relieve anger and stress?

Level 1: Elementary

3 Comprehension check

a. Decide if the statements are True or False based on the information in the article.

1. Japan was the first place in the world to have rage rooms. True / False
2. Amelia Smewing and her husband started their rage room business to make money. True / False
3. Lucy Bee says that most of her rage room customers are men in their 20s. True / False
4. Dr Sophie Kjærvik explains that rage rooms can have many positive effects on people. True / False
5. Kjærvik says that relaxing activities are a helpful way to deal with anger. True / False
6. Suzy Reading says that rage rooms do not help people understand their anger. True / False

4 Key language

a. Read the words in the table below. Then scan the article and find these forms in a different part of speech.

| Noun | Verb |
|------------|------------|
| 1. | destroy |
| relief | 2. |
| 3. | relax |
| behaviour | 4. |
| 5. | understand |
| expression | 6. |

b. Complete the sentences with correct forms of the verbs from the table above.

1. Dangerous weather, like hurricanes, can _____ a city.
2. Yoga is a great way to _____ feelings like stress or anger.
3. Eve had lots of rest and _____ on her holiday in Austria.
4. Animal psychologists study the _____ of cats and dogs.

Rage rooms: can smashing stuff up really help to relieve anger and stress?

Level 1: Elementary

5. I don't _____ what you're saying. Can you repeat that, please?
6. Some people think it's difficult to _____ their real feelings.

5 Discussion

a. Discuss these questions.

1. Are rage rooms popular in your country or culture? Why?
2. Do you want to use a rage room to help with anger? Why?

6 In your own words

- a. What types of stress-relieving activities are available in your community? Do you have rage rooms or relaxation centres? Are there other services for anger? Look online to find information. Prepare a pamphlet with information about two or more places. Include a short description of the place. You can also include photos or artwork.
- b. Share your pamphlet with your class. Ask them which of the places in the pamphlet they like the most.