



# The Chill Drill

More Practice With I STOP'D



## 3 Cs

-  I care about myself.
-  I care about others.
- I care about my community.

**Help students to understand and invite them to state clearly:**

- I have the right to care about myself.
- I have the responsibility to make smart choices when I care about myself.
- I have a right to live in a healthy and peaceful place.
- I have a responsibility to contribute to the health and peace of the place I am in.

## Preparation

### Copies

- "The Chill Drill"® (see page 73)
- Home Connection (see page 74)

### Materials

- stars or stickers or Post-it notes
- smiley face stickers
- small balloons for Chill Drill

### Music

- "Something Good" from the CD *Something Good* (see page 137)
- "Chill" from the CD *Something Good* (see page 123)

## Vocabulary

- |                |                     |
|----------------|---------------------|
| anger          | abdominal breathing |
| anger triggers | violence            |

## Lesson at a Glance

### Introduction

1. What Is Anger?

### Strategy

2. Personal Anger
3. Pinpointing Anger
4. The "Chill Drill" Part One
5. The "Chill Drill" Part Two

### Conclusion and Home Connection

6. "Chill Drill" Practice

## Core Curriculum Objectives and Standards

### Objectives

Students will take control of their anger and practice healthy coping skills.

### Standards

**7020-0103** Recognize causes of stress and ways to cope.

Teacher Notes

## Introduction

### 1. What Is Anger?

- Anger provided our ancestors with a useful tool for survival in a dangerous environment.
- The powerful physical and emotional energy that anger produces supplied courage to defend loved ones from enemy attack and it helped speed an escape from a hostile beast.
- Anger energizes you and prepares you to stand up to the problem or to withdraw from it.
- Your breathing changes and your heart races to pump extra oxygen to your brain for quicker thinking and to your muscles for extra strength.
- You may feel a rush of adrenaline, a powerful chemical that stimulates and energizes your whole body.
- Certain muscles become tense in preparation for action.
- Your face frowns, your jaw tightens and your fists begin to clench.
- Your body's temperature also changes, you may sweat, or you may shiver.
- Anger resulting in self-destructive behavior that destroys property or hurts others is a problem.

## Strategies

### 2. Personal Anger

- Ask the students to show you how they look when they get angry.
- Select a few students to demonstrate their angry looks for the class.
- Encourage them to describe the sensations they experience in their bodies (e.g., facial expressions, body language, heartbeat, and muscle tension) when they feel angry.
- Ask the students to describe some of the things that cause their anger warning signs to occur.
- What makes them angry?

### 3. Pinpointing Anger

- Give a sticker, a star, or a Post-it note to each student and tell them to stick it on the part of their body that gives off the most noticeable sign of their anger.
- Demonstrate on yourself.
- Emphasize that this is the part of the body they should pay attention to when they become upset; this anger warning sign is their cue to Stop and chill.
- Explain that when we are angry, we don't think clearly and need to chill so we can stop and think.

### 4. The "Chill Drill" Part One

**NOTE:** In the interest of time, you may decide to separate the CHILL and CHOOSE portions of this lesson into two lessons, or you may choose to selectively emphasize certain steps over others.

- Display "THE CHILL DRILL" poster.
- Read the first four steps "Calm Your Body's Angry Energy."

### Chill

- Chill is your signal to start to calm down.
- Take a deep breath, get rid of that frown.
- When you first become aware of your anger flags and trippers, such as the location on your body where you attached the stickers, tell yourself to CHILL.
- Thinking CHILL is your cue (or signal) to pay attention to what is happening in your body so you can begin to calm and control yourself.
- CHILL also reminds you that you have CHOICES about how to respond to your anger.



## Blow

- Blow means to breathe as if blowing a balloon.
- Take three balloon breaths; you'll be calmer soon.

Distribute the balloons and instruct the students to blow them up.

- "Thinking CHILL is your cue to take a balloon breath, to breathe as if you were blowing up a balloon. (This is called abdominal breathing.)
- After a few balloon breaths, return to normal breathing.

## Face

- Your face shows your anger; it gives off a frown.
- Relax your face—SMILE; you'll quickly calm down.
- Have the students practice changing their facial expressions from angry ones to relaxed, positive expressions.
- SMILE. Distribute the smiley face stickers.
- Instruct the students to place the stickers on their noses and try to wiggle them off.
- Comment on their wonderful bright smiles.
- Tell them to make sure that they use their smile muscles during "THE CHILL DRILL."

## Space

- Your personal space is important to protect.
- Take a step back; take time to reflect.

Instruct the students to stand, stretch out their arms, and turn in a complete circle, being careful not to bump into people or things.

- You all have a personal comfort zone, an invisible boundary around yourselves.
- When you're angry, it's important that you give yourself and others plenty of space
- It also helps to take a giant step backward or even to get away from the situation for a while to get a different view of things."
- Lead the students in a Chill Drill Chant ("CHILL, BLOW, FACE, SPACE".
- Remind students of the importance of practicing the steps of "THE CHILL DRILL" until it becomes automatic.

**Note:** "THE CHILL DRILL" works best when it becomes a "conditioned response." Therefore, provide the students with multiple, varied practice opportunities. Associate "THE CHILL DRILL" with a routine or with an everyday circumstance. For example, start each day off with the song "Chill" or pair students and have them practice the "Chill Drill" to role-play situations.

## 5. The "Chill Drill" Part Two

Read the next four steps of the poster's second section "Focus Your Mind on Positive Action."

### Claim Your Anger

- Your anger is yours to own and to claim.
- Try not to deny it, stuff it, or blame.
- You choose how you feel and how you act.
- Blaming others for causing you to feel the way you do prevents you from taking control of your own anger.
- Ask yourself, "What is my part in the anger?"

### Name The Pain

- Anger protects us, it covers our pain.
- Admit that you're hurting; you've so much to gain.
- Your angry feelings often protect you from the emotional pain caused by feeling hurt.



- When you feel an angry feeling, put aside the anger for a moment and try to identify your hurt feelings.

Ask the class for examples of hurt feelings and write them on the board.

### **Tame Your Anger**

- Your temper is yours to lose or control.
- Choose wisely and well to accomplish this goal.
- Think about all the things that you can do to cool down your anger such as take a long walk, count slowly to ten, blow your anger into a balloon, or CHILL.

Ask the class to brainstorm ideas that can help them cope with anger and write them on the board.

### **Make A Plan**

- Anger results from problems unsolved.
- Plan for solutions until they're resolved.
- Anger often lets us know that something is wrong and needs correcting.
- Make a plan and then take positive actions.
- If you get stuck, ask someone for help.
- Anger is okay; violence is not!

Help the students identify the persons to whom they might turn for help in resolving a problem or conflict.

## **Conclusion and Home Connection**

### **6. "Chill Drill" Practice**

Make a copy of the Home Connection and the "Chill Drill" poster for each student. Send the Home Connection paper home with each student and instruct students share the information with their families.



# "THE CHILL DRILL"

**CHILL:** Calm your body's anger energy.

**CHOOSE:** Focus your mind on positive action.

## Take Control of Your Anger!

### 1. CHILL

As soon as you notice your anger triggers and signs, **TELL YOURSELF TO "CHILL."** Thinking "Chill" is your cue to pay attention to what is happening in your body and your mind so that you can begin to calm and control yourself. "Chill" also reminds you that **YOU HAVE CHOICES** about how to respond to your anger.

### 2. BLOW!

When you are faced with a disturbing, tense, or scary situation, your breathing changes; you may briefly hold your breath, or your breathing may become rapid and shallow.

Thinking "Chill" is your cue to **TAKE A BALLOON BREATH**, to breathe as if you were blowing up a balloon. Blowing up a balloon requires strong steady breaths and uses the muscles in your stomach as you exhale. (A balloon should be given to you to help you practice "abdominal breathing.") After a few balloon breaths, return to normal breathing.

### 3. FACE

It's the look on your face that shows other people how you really feel, more than your body language, your tone of voice, or even the words you say.

**RELAX YOUR FACE.** As your anger grows, your face may be giving off negative or hostile messages that could make the situation much worse.

Try to **SMILE.** Your face's smile muscles signal your brain to start your body's natural calming abilities. Practice changing your face from an angry expression to a neutral or positive one until it feels natural. Keep this positive look as you continue "THE CHILL DRILL."

### 4. SPACE

We all have a personal comfort zone, an invisible boundary around ourselves. When someone steps over that imaginary line and enters our personal space, it can feel quite unpleasant, especially during a conflict. This is what it means to "get in someone's face," or to be "too close for comfort."

**GET SOME SPACE.** When you're angry, it's important to give yourself and others plenty of space. **MAINTAIN YOUR COMFORT ZONE.** Take a step back and place your body in a balanced position. Remain in an open and relaxed posture to be sure that you don't look threatening. Your body should be saying that you are willing to work out your differences.

### 1. CLAIM YOUR ANGER

Your angry feelings are **NOT** caused by people, situations or events outside yourself. Blaming others for "causing" you to feel the way you do prevents you from taking control of your anger energy. **Instead, TAKE RESPONSIBILITY** for your thoughts, feelings, and reactions, and for any part of your behavior that may have contributed to the problem.

### 2. NAME THE HURT

Your angry feelings often protect you from the emotional pain caused by feeling hurt. Anger can defend you against feeling afraid, ashamed, lonely, and frustrated. Anger can even completely block your awareness of how much you hurt.

When you feel an angry feeling, put aside the anger for a moment and try to **IDENTIFY YOUR HURT FEELINGS.** What are you really feeling under that anger of yours? Search for ways to soothe your discomfort. This lessens your anger so you can begin to work on a constructive solution to your problem.

### 3. TAME YOUR ANGER

Think about what else you can do to take the edge off your anger. Find a way to gain some distance from the situation to get a different perspective. Consider things that make you calm—take a walk, count slowly to ten, say a prayer, or count. **CONTAIN YOUR ANGER:** As you blow up your balloon, imagine breathing all your anger into it. When the balloon is full, let it go and watch it drift away.

### 4. MAKE A PLAN

Anger often lets us know that something is wrong and needs correcting. Therefore, when you become angry, determine what you can do to relieve your hurt feelings. **FOCUS ON SOLUTIONS.** Make a plan and then take positive actions. If you get stuck, ask someone for help.





# Home Connection

Dear Family,

Today I learned a simple yet effective technique for controlling anger called “THE CHILL DRILL.” I used an imaginary balloon as our chill tool and practiced a special breathing technique that acts to instantly calm the body’s anger reactions.

Please read about “The Chill Drill” with me and take a few moments to help me practice it. We might want to do some on these activities together.

1. Study the “Chill Drill” poster and discuss the chill process, including how anger effects our body.
2. Complete this sentence: “I get really upset when . . .” and discuss how we could use the “Chill Drill” to calm our anger.
3. Teach other family members how to CHILL. Practice “The Chill Drill” a few times together.



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# Conexión en el Hogar

Querida familia,

Hoy aprendí una técnica sencilla y simple pero muy efectiva para controlar mi enojo llamada “El Simulacro de Enfriamiento” Yo usé un globo imaginario como nuestra herramienta de enfriamiento, y practiqué una técnica de respiración especial que tiene como objetivo el calmar inmediatamente las reacciones de enojo del cuerpo.

Por favor lee acerca del “Simulacro de Enfriamiento” conmigo y toma unos minutos para ayudarme a practicarla. Nosotros deberíamos de practicar algunas de éstas actividades juntos.

1. Estudia el cartel del “Simulacro de Enfriamiento” y discute el proceso conmigo, incluyendo como el enojo afecta a nuestro cuerpo.
2. Completa éste enunciado: “Yo me enojo mucho cuando . . .” y discute como nosotros podríamos usar el “Simulacro de Enfriamiento” para calmar nuestro enojo.
3. Enseña a otro miembro de la familia como ENFRIARSE. Practiquen juntos “El Simulacro de Enfriamiento” algunas veces.



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