

Managing Anger

More Practice With Bugs and 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 be in an environment where I feel safe.
- I have a responsibility to treat others with kindness.
- Violence is intent, by words, looks, signs, or acts, to hurt someone else's body, feelings, or possessions.

Preparation

Copies

- Worksheet: My Anger Warning Signs (see page 74)
- Worksheet: Managing My Anger (see page 75)

Materials

- clear glass, vinegar, baking soda, lemon juice

Music

- "Chill" from the CD Something Good (see page 97)

Vocabulary

adrenaline physiological neutralize

Lesson at a Glance

Introduction

1. Define and Discuss Anger

Strategies

2. Anger Demonstration
3. My Anger Warning Signs
4. Managing My Anger
5. Bubbling Over With Anger

Conclusion

6. Chill

Core Curriculum Objectives and Standards

Objectives

- Identify anger warning signs, and develop a strategy for managing them in positive and pro-social ways.

Standards

- Standard 1:** Develop personal assets that help promote resiliency.
Demonstrate positive strategies for managing stress.
- Standard 5:** Develop strategies for appropriately and safely expressing emotions.
Manage abusive situations.
Examine emotions that may lead to violence and determine safe ways to manage them.

Teacher Notes

This lesson is closely related to lesson #4, "Bugs." as well as the previous lesson about coping with strong feelings.

Introduction

Discussion

Tie in the 3 Cs

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

1. Define and Discuss Anger

- Anger is a sneaky emotion that catches most of us off guard. It often seems sudden and unexpected. Some people get angry very easily and don't know another way of dealing with the problems or bugs in their life. However, even these people figure out that sudden rage is very risky and seldom solves the problem or takes away the bugs.
- Usually, we don't even get angry about things we think we get angry about. For example, you might get angry because another person won't let you play on his or her team. You are probably not angry about being bugged for not playing on the team; you are angry because you trying to meet your basic needs of power, freedom and fun and especially for belonging (see lesson 4, I STOP'D).
- All of us want to feel accepted, even loved, just the way we are with nothing more important than just being who we are (even though we aren't very good at some things). We want our basic needs met and we try to get others to fill those needs. Others are often not very good at being or doing exactly what we want and that "bugs" us. We feel unsafe, rejected and resentful.
- Anger energizes us to deal with the things that bug us in a healthy way or in a destructive way that can hurt others.
- We can understand our anger by understanding how we react to the world around us and what bugs us. When we discover what our body does and how it feels, we learn that anger is not as unexpected as we first thought.
- We can manage angry feelings by stopping and thinking how to care about ourselves and others.
- We can understand that everyone has the same basic needs of belonging, power, freedom and fun. We know that we often won't get exactly what we want but allow others to accept us how they can.
- Anger causes physiological changes in the body that are designed to increase energy.
- Some areas of the body that change are –
 - Breathing changes
 - Heart races
 - Muscles tense
 - Face frowns
 - Jaw tightens
 - Fists clench
 - Body temperature changes (i.e., sweating or shivering)

2. Anger Demonstration

- Select a few students to demonstrate how they look when they are angry.
- Help the demonstrators describe what they are showing e.g., facial expressions, body language, heartbeat, and muscle tension.
- When do you first notice you are getting angry?
- When do others notice you are getting angry?
- What might others notice about our anger that we don't?

Strategies

Demonstration

Ask



Worksheet

- The energy the body feels when anger is caused by a body chemical called "adrenaline."

3. My Anger Warning Signs

- Have students complete the worksheet, "My Anger Warning Signs."
- Share the answers students circled on their individual worksheets.
- Why should we pay attention to our bodies when we start to feel upset? (It can help us stop and think so we use the energy in a healthy non-destructive way.)

Worksheet

4. Managing My Anger

Have students complete the worksheet "Managing My Anger."

- What bugs you so much that you become angry?
- What is the basic need that is not being met?
- Why is blaming others for your anger not caring about yourself or others?

When we blame others for our anger, we are giving them control of our lives. If they can make us angry, why can't they make us happy, sad or safe? People just can't provide that kind of need. We can realize that we control our own perception of how our needs are filled and how we choose to express our wants.

- How can you be responsible for your feelings and actions?
- How can you direct your anger in positive ways?
- In what ways can your anger work for you?
- In what ways can your anger work against you?

When we chill, stop and think about the options we have to solve bugs, we can more effectively use the angry energy for positive outcomes. For example, think of a sports team. The players are bugged that the game is not going as planned and begin to feel angry. Destructive anger will not produce positive results. However, they can direct their anger within the rules of the game and use the energy to play harder and more focused.

- What does this saying mean? "Anger is OK; violence is not."

Tie in the 3 Cs

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5. Bubbling Over With Anger

Combine the baking soda with the vinegar and watch the bubbles.

- The bubbles represent anger.
- Neutralize the bubbling with a few drops of lemon juice.
- The lemon juice represents ways to decrease anger.
- What are some ways you could reduce or redirect anger?
ride a bike, listen to music, play sports, talk to friends

Strategies

Demonstration

6. Chill

Sing the song "Chill" and review how people can chill, stop and think in order to use anger in a positive way.

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- I have a responsibility to treat others with kindness.
- Violence is intent, by words, looks, signs, or acts, to hurt someone else's body, feelings, or possessions.

Conclusion

Sing

Tie in the 3 Cs

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My Anger Warning Signs

When you get angry, your body lets you know you are being bugged about something.
Draw a simple outline of your body.

Color in the areas of your body that are affected by your anger.

Label the colored areas with a word or words that describe what is happening to that area of your body (e.g., squinting eyes, pounding heart, red face, etc.).

Circle the area that YOU notice first when you get angry.



Managing My Anger

Think about some of the situations or individuals that set off your anger warning signs. What bugs you and really makes you mad?

Complete the sentences below by writing in your answer.



I get mad when...

I get mad when...

The parts of my body that let me know I am feeling anger are...

When I get mad, I...(Circle all that apply.)

Keep it in

Cry

Blame it on others

Say mean things

Pout

Throw things

Hit things

Hit people or animals

Eat

Break things

Hide

Try to figure it out

Talk it out

Watch TV

Write in my journal

Read a book

Walk away from the situation

Count to ten

Yell and scream

Get help

Try to hurt myself

Sleep

Listen to music

Talk to a friend or family member

Go for a walk

Stop and Think! Which of the above actions are healthy and which ones don't work very well for me. Put a plus sign (+) next to the healthy choices and a minus sign (-) next to the things that don't work well.)



Stop and Think! Chill! What are my methods of chilling?



How can I express my anger or manage my bugs in a healthy, appropriate manner?

