

## A lesson on anger

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**Activity:** Discuss with students how anger makes us feel and healthy ways to respond to it.

**Grade(s):** K-3

**VSCA Standards:** Students will learn ways to better handle and control anger through this lesson - EP5: *Demonstrate self-discipline & self-reliance*

As we discuss ways to deal with anger, students will learn that if nothing else works to find an adult who can help - EP6: *Identify resource people in the school and community and understand how to seek their help*

**Rationale for Lesson:** By discussing emotions, specifically anger in this lesson, students will gain emotional literacy skills. These skills help build resiliency. Students will also learn who to seek support from if they are not sure what to do with their angry feelings, which is one of the 15 Elements of Resilience according to the International Resilience Research Project.

**Materials:** Soda sealed in bottle

Anger worksheet

**Method:**

1. Introduce the lesson by showing students the bottle full of soda. Shake the soda bottle and ask students what would happen if the bottle were to be opened – it would “explode, make a mess, spill out, ect”
2. Explain that sometimes when we are angry that mad feeling can explode or spill out of us. Ask students for an example of times they have been mad.
3. As students share stories, ask them what they did when they were feeling angry. Depending on their answer, either help student come up with a different/better way to deal with anger if that happened again or reinforce their answer if it was a healthy way to deal with their emotions. Ideas: use words instead of hands, take a deep breath, walk away, count to 10, express

your feelings by saying "I feel mad when you \_\_\_\_\_", if these things don't work get a teacher, parent, counselor.

4. Explain anger worksheet to students – draw in box one something that has made them angry in the past and in box two draw a good or healthy way to deal with their anger.

**Evaluate Lesson:** At the end of lesson, students will have completed a worksheet showing three things:

1. Identify one thing that has made the student angry
2. Identifying one way to deal with the anger that is helpful, not hurtful
3. Identifying one person they can go to for help if that doesn't work

If, for some reason, a student does not successfully complete the paper then the counselor will discuss with that student effective ways for handling anger and identifying a helpful adult.

**Resources:** Thompson, R. A. (2012). Comprehensive guidance & counseling programs: A developmental approach for professional school counseling. In *Professional school counseling: Best practices for working in the schools* (pp. 62-63). New York, NY: Routledge.

### **Helpful Websites:**

- Anger management tips & techniques to decrease anger:  
<http://www.angriesout.com/>
- 8 ways to handle anger (without hitting), includes lesson plan ideas:  
<http://mazz.com/education/wp-content/uploads/2011/03/GAM-8waystohandleanger-teachersguide-final-010511.pdf>
- Free printable charts on anger management:  
[http://www.freeprintablebehaviorcharts.com/anger\\_management\\_charts.htm](http://www.freeprintablebehaviorcharts.com/anger_management_charts.htm)