Includes 6 sessions focused on anger management!

Topics Include:

- Recognizing anger
- Identifying anger triggers
- Developing positive coping skills
 - Using positive self-talk

Session One: All About Anger

Students will gain a better understanding of anger

Pre-Activity Discussion:

- sounds like we enjoy doing a lot of different

whether they think the statement is tru room if they think the answer is false.

Session Two: What Ma

Moterials:

- "What Makes Me Mod" Worksheet from page 13

- Schollard Monescope.

 Today, are my giring to lisk doubt the things that insopring to lisk doubt the same, we can be the covid them; if possible For exceptle, if you know you are pipping against that Sarting gas well, you get during you do lish to lisk as to feel more octimized feelings worth be as surprising to all, which is presented to the same provided to the same p

Activity: My Anger Levels (15-20 Minutes)

- be the same, and that's okay!
 Show students the shart from page 12. Rec and ask students to share what might cause and ass. Supports to starre what might acuse the added fur and engagement, as students to der facial expressions, and body language. Now that we have an understanding of the different look at different situations and deoide how angry the
- . Give a worksheet from page 13 to each stu

Session Three: My Anger Warning Signs

- Materials:

 Worksheet from page 16

- them feel mad this post week? Today, we are going to spend time talking about to But first, I want us to tak about warning signs. Wit

- Exemples includer. When something is do severa worther is about in happen. Warning signs tell us that something is about in Our backles also give as warning signs about in beerlain Resings are starting to happen. These do, and have our backles lost and feel. For example, left strink about the warning sign does your back of or feel its when you've get example. Examples include: Your backle slow, Dut backles also give a worthing signs that we have you've get a slow.

Which warning signs did you include an you
 Why can if be helpful to be able to recognize

- Session Four: All Abo
- Writing/coloring utensils

- Descriptor retreates what we locked douch. Does cargon retreates what we locked douch. Does cargon retreates to fine largery? This window Tris weist, we are gaing to start taking about. It is weist, we are gaing to start taking about. It is retreated by the start of the partial health or coping skills. Coping skills can be paskill health or coping skills are things we do with ru. the start of the skills of the skills of the partial for any excurges of a negative coping skill? Pasilive coping skills or things we do without and are negateful to currathers and the people and are negateful to currathers and the people skills.

Activity: Positive Or Negative Coping Skills (5-10 m To practice telling the difference between positions and off some things we might do when we feel they are a positive or negative coping skill.

- Give a voting sheet from page 20 or 21, paper in half. Read through the coping s share why they chose the chower the
- think of. The other students can then vi Another option for this activity is to as
- skills" and one side of the room to "ne

Session Five: Using My Coping Skills

- Students will practice using different coping skills. Students will think about how they can use their caping skills in real world scenario

Activity: The Coping Skills That Work For Me Today, we are going to tak about 8 different poons, I want you to think about whether or not yo

- Thinking happy thoughts helps us to switch from the angry, to things that can help us feel adm. These tithings, memories, etc.
- What are some things you could think about that we you think it would be helpful for you.

Session Six: Positive Self-Talk

- Using positive self-talk can help us remember things that are true, as well as nert we are oble to stay in control of our feelings.

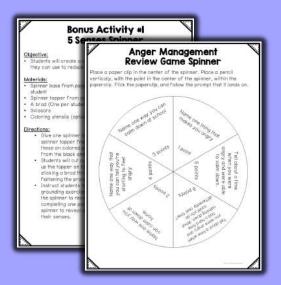
- an also out the bookmarks out before the lesson and give them to students to

Each session is <u>NO PREP</u> and includes:

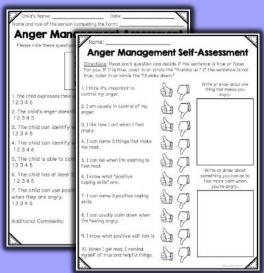
- A lesson plan with objectives, pre-activity discussion points, an activity, and post-activity discussion points.
- Templates/worksheets needed for each activity.
- A follow up note to parents and families.
- A book recommendation for further exploration of the topic.



This resource also includes...



2 bonus activities to further explore the topic of anger management and to review the topics and skills your students have learned!



A self-assessment for students to complete, as well as an assessment that can be completed by teachers, family or other adults in the student's life.

There are also parent follow up notes for each session and a parent permission form that are all editable!