Lesson 17: Managing Anger

Lesson Concepts

- Feeling angry is natural, but hurtful, mean behaviors are not okay.
- Your body lets you know when you're angry.
- Learning to relax calms you down.

Objectives

Children will be able to:
- Demonstrate relaxing their bodies
- Tell the difference between ways to behave when angry that are okay and those that are not okay

Why This Lesson Matters

Identifying feelings is an important part of managing emotions. Children who often behave aggressively tend to have more difficulty identifying their feelings. Relaxation can slow the heart rate and help children stay in control of their feelings.

This lesson is especially helpful now, when children and adults are experiencing high levels of stress. Practicing relaxing can help create a healthy response to anger and other tense feelings when needed.

Before the Lesson

Have children think back to ways they calmed down strong feelings with belly breathing since the last lesson. Tell them about a time when you used belly breathing to calm down this week. Review the Calming-Down Steps using the How to Calm Down mini-poster if possible.

After the Lesson

- Have children teach the Noodle Game to a family member and practice relaxing their bodies. If families have access to a timer, challenge children to see who in their family can stay relaxed the longest.
- Have children think ahead to times they might get angry and imagine being a cooked noodle at those times.

Following Through

Use these strategies to reinforce lesson concepts throughout the week.
- Remind children it's natural to feel angry but doing hurtful things when they're mad is not okay.
- Sing “The Calm-Down Chant” together to reinforce the Calming-Down Steps.
- Ask families to do the lesson Home Link together.
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1. Go to www.secondstep.org
2. Under New Users, click “Create Account”
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