Lesson 15: Managing Anger

Lesson Concepts
- Everyone feels angry sometimes, but hurting other people’s feelings or bodies is not okay.
- It’s important to calm down angry feelings so you don’t do something hurtful.
- Being assertive is a respectful way to get what you want or need.

Objectives
Students will be able to:
- Use counting to calm down in response to scenarios
- Use assertive communication skills to get what they want or need in response to scenarios

Why This Lesson Matters
In this lesson, students learn about and practice using assertiveness and a new Calming-Down Strategy, counting, to cope with strong feelings of anger. Counting can help students manage anger by engaging the thinking part of the brain. This helps students slow down so they can think before they react.

Before the Lesson
Share the How to Calm Down mini-poster with families. Prior to the lesson, ask students to write or discuss what strategies they would use to calm down after they have stopped and named their feelings.

After the Lesson
Ask students to practice using counting to calm down.

Following Through
Use these strategies to reinforce lesson concepts throughout the week.
- Have students play the Freeze Frame, Version 2 Brain Builder with their families.
- Have students complete the Weekly Skill Check. Sample check-in statements:
  - Counting helps me calm down.
  - Calming down when I’m angry is important so I don’t hurt someone.
- Have students do the lesson Home Link with their families.

See the lesson Following Through Card for more ideas about how to build on key lesson concepts.
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1. Go to www.secondstep.org
2. Under New Users, click “Create Account”
3. Complete the required fields
4. Add Program Activation Key: SSP2 FAMI LY72

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