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

Anger is a common strong emotion that can cause lots of problems for students. In this lesson, students learn about and practice using both assertiveness and one of the Ways to Calm Down, counting, to cope with strong feelings of anger. Counting can help students successfully manage angry emotions. It engages the thinking part of the brain and helps students slow down so they can think before they react to a situation.

Before the Lesson

Review the previous lessons by having students practice belly breathing and counting to calm down.

After the Lesson

Have students respond to the following prompts:

- Why is calming down strong, angry feelings important?
- What are some ways you can calm down when you feel strong, angry feelings?

Following Through

Use these strategies to reinforce lesson concepts throughout the week.

- Have students watch (and participate in) the "Moving Pictures" Brain Builder video.
- Have students rewatch the "Calm It Down Dance" video.
- 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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