

# Lesson 16: Managing Anger

## Lesson Concepts

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

## Objectives

Students will be able to:

- Name physical signs of anger
- Apply the Calming-Down Steps in a game situation

## Why This Lesson Matters

Identifying feelings is an important part of effective emotion management. Students who behave aggressively more frequently than their peers tend to have more difficulty identifying their feelings. Relaxation and belly breathing can slow the heart rate and help students stay in control of their feelings.

When students are feeling a lack of control or agency in their daily lives, feelings of anger may occur. Giving students opportunities to practice these coping skills will enable them to more effectively manage their emotions at home.

## Before the Lesson

Provide a refresher for students about the last lesson:

**Today we'll talk about managing anger. Give me a thumbs up or thumbs down: Is it true that everyone feels angry sometimes?** (Thumbs up.) **Give me a thumbs up or thumbs down: Is it true that it's okay to be mean or hurt people's bodies or feelings if you're angry?** (Thumbs down.)

## After the Lesson

After watching the recorded lesson, play the Noodle Game with your students:

- Have students stand up. Ask them to make sure there's enough space around them that they won't knock into furniture or another person.
- Walk students through the game: **This is called the Noodle Game. First, stand up tall and make your muscles tense, all tight and stiff like sticks of uncooked noodles. Your bodies are strong and your muscles are all clenched! Now, pretend that you're cooking. You get so soft that you can't stand up straight anymore. You flop over and fold in half or take a seat. Now, wherever you are, take three deep belly breaths. Belly breaths help you relax. In, out ... in, out ... in, out ... Now you're completely soft and floppy. Your body is relaxed.**
- Have students tell you what it felt like to play the Noodle Game.

### Following Through

Use these strategies to reinforce lesson concepts throughout the week.

- Have students draw a picture of themselves using a pencil. Suggest that they include an angry-looking face. Have them pick an "anger" color and color the parts of the body where they usually feel anger.
- Ask families to listen to "The Anger Song."
- Ask families to play the Move or Wait Brain Builder at home.

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](http://www.secondstep.org)
2. Under New Users, click "Create Account"
3. Complete the required fields
4. Add Program Activation Key: SSPK FAMI LY70

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