

About Anger - Level 1 Staff Activity Guide



What's Included:

The purpose of this guide is to support teachers in empowering students to make positive choices even when faced with high-risk situations. In this guide you will find a Student Video Viewing Guide, Student Activity options, and a Brain Quiz with an answer guide. Each of these resources can be used independently or in conjunction with one another as time allows. For your planning purposes, please find the estimated time needed for each activity below.

- **Viewing the Video**

Without Student Video Viewing
Guide - 5 minutes

With Student Video Viewing
Guide - 10 -15 minutes

- **Student Activities -**

Write About It Prompt - 10 minutes
Group Activity - 20-30 minutes
Independent Practice - 10-20 minutes
Extended Learning - 30-45 minutes

- **Brain Quiz - 5-10 minutes**

Student Video Viewing Guide Strategies:

- **Before the video (3-5 min) -**

Have students complete the **Do Now** question box to get the wheels turning

Ask students to **"pair and share"** with a classmate, and/or have a brief class discussion

Remind students to **"preview"** the Video Viewing Guide so that they know what they are listening for

- **During the video (3-5 min):** Pause the video to talk about Check for Understanding (CFU). You can call out a few students to answer, and/or have them pair and share.

Pause the video to talk about CFU Question 1 -
What is your anger style? Give an example.

Pause the video to talk about for CFU Question 2 -
Describe a time you used an anger management skill.

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Student Activity Options:

- **Write About It Prompt (5-10 minutes) -**

- a. Write a list of 5 times you felt very angry. How did you respond in these situations? Based on your reactions, what do you think is your anger style?

- **Independent Practice Activity (10-20 minutes) -**

- a. **Materials needed:** Student guide, or just paper and pen
- b. **Directions for Students:** In the table below, list situations that might cause someone to become angry. On the right, describe how someone could use Anger Management Skills to respond to the situation.
- c. **Criteria for Success:** Students demonstrate knowledge of a variety of Anger Management Skills.

- **Group Lesson Activity (30-50 minutes) -**

- a. **Materials needed:** Student Guide with the situation (you can print and provide to students, or simply read it aloud).
- b. **Directions for Students:** In your group, create a skit demonstrating how your character would respond to the situation below based on your assigned Anger Style. Then, explain how he/she could respond using an anger management skill.

- Put students in pairs or groups of 3-5, have all groups or just a few present to the class.
- Assign each group a different Anger Style and Anger Management Skill (some can be repeated).

- **Anger Styles -**

Rocket
Avenger
Denier
Clam
Confronter

- **Anger Management Skills -**

Imagine a stop sign to help you stop and think before acting
Take 3 deep breaths to calm down before acting

Take a time out and step away from an angry situation
Use your words and say "I feel angry when you do that"
Exercise and release angry energy
Talk or write about your feelings until they pass
Use your frontal lobe to think through the best decision
Distract yourself and focus on something else that makes you happy

- c. **Criteria for Success:** Students demonstrate knowledge of how different Anger Styles act out, and how to use Anger Management Skills

- **Extended Learning Activity (15-30 minutes) -**

- a. **Materials needed:** Paper and pencil/pen
- b. **Student Directions:** Info poster - Create an informative poster that shows at least 3 Anger Styles, and at least 3 Anger Management Skills. Use primarily images (printed or drawn) and limited words.
- c. **Criteria for Success:** Students demonstrate knowledge of different Anger Styles and Anger Management Skills

- **Brain Quiz Answer Key (5-10 minutes)**

1. D.
2. A.
3. D.
4. False
5. Options include:
 - a. Imagine a stop sign to help you stop and think before acting
 - b. Take 3 deep breaths to calm down before acting
 - c. Take a time out and step away from an angry situation
 - d. Use your words and say "I feel angry when you do that"
 - e. Exercise and release angry energy
 - f. Talk or write about your feelings until they pass
 - g. Use your frontal lobe to think through the best decision
 - h. Distract yourself and focus on something else that makes you happy