About Anger Management - Level 2 Student Activity Guide



Think About It:

1. While it is normal to feel anger, it is also important to have strategies to manage anger? What strategies do you have?	
. How do you think being angry may affect your behavior and decision making?	THE COL

Brain Quiz!

 The amygdala does a better job at 	tnan tne
frontal lobe.	
a. thinking	
b. reacting	
c. problem solving	

- 2. We have a fully developed_____, but only a partially developed _____ by the time we're in Middle School.
 - a. accelerator, brake
 - b. frontal Love, amygdala

d. imagining future scenarios

- c. amygdala, frontal Lobe
- d. brake, accelerator
- e. a. and c.
- 3. When you are very angry or afraid, the frontal lobe (shuts off, is highly active)

4.	When reading emot	ions from others, adults rely
mo	re on the	_ while teens rely more on
the	·	

- a. senses, words
- b. amygdala, frontal lobe
- c. mouth, ears
- d. frontal Lobe, amygdala
- 5. The ______ is the healthiest anger type. They use assertive language to express themselves. They talk about things even when it's uncomfortable. They don't blame, they take responsibility which leaves them feeling healthier and more self-confident.
 - a. confronter
 - b. clam
 - c. rocket
 - d. avenger
 - e. denier



Activity #1 Skits:

Write the anger management skills on separate sheets of paper and put them into a container. Divide into groups of 3-5 students. Each group should pick a strategy from the container and create a skit that demonstrates a student becoming angry, then utilizing the identified strategy to manage the anger.



Activity #2 Write About It:

Journal: In what situations do you find yourself feeling angry? What is your anger style? Which of the anger management skills will you utilize the next time you feel angry?

Activity #3 Gro	up Chat:
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Did you identify your anger management style? In groups of 3-5 students discuss the different anger management styles and identify examples of each style from tv, movies, or real-life.		

