# About Anger Management – Level 3 Student Activity Guide



### Think About It:

1. While it is normal to feel anger, is it important to have strategies to manage anger? What strategies do you have?

2. How do you think being angry may affect your behavior and decision making?



1. The amygdala does a better job at \_\_\_\_\_ than the frontal lobe.

- a. thinking
- b. reacting
- c. problem solving
- d. imagining future scenarios

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
- 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 emotions from others, adults rely more 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. the confronter b. the clam c. the rocket d. avenger e. the denier

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## Activity #1 Skits:

Write the anger management skills on separate sheets of paper and put them into a container. Divide the students into groups of 3-5 students. Have each group 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?



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## Activity #3 Group Chat:

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.