

THEME: ANGER/CONFLICT MANAGEMENT

SELF-DISCIPLINE

GRADE: SECOND

Core Curricula: Supplements social studies, language arts

Focus: Techniques for controlling anger, thinking critically, building teams

Overview: More and more, we hear, see, or read of people being hurt by others, people yelling angrily at others, people who seem to always be upset or angry. We have become increasingly hostile in our society. Many factors come into play, such as overcrowding, traffic snarls, and stress within the workplace and family. Anger itself is not a bad emotion; it is how we negatively manage it that can become the problem. We need to begin teaching ourselves as adults and then our children techniques for managing anger in positive ways.

Goals: Students will learn anger management techniques.

Materials: Drawing paper, markers or crayons

Family/Home Activity: The family/home activity can also be found in the student workbook and is for each student to take home to do with their parent/guardian.

Lesson Plan

Activity 1: Ask the students and discuss: *What is anger? Why do we become angry? How can we control our anger? How do we feel when we are angry? How do we feel when others are angry at us? What actions do we usually take when we are angry? Is anger a bad or good thing?* Anger, as an emotion, is fine; it's not managing it positively that can be bad.

Give students drawing paper and markers or crayons. Ask them to think of a recent time that they were angry and what they did (what actions they took). Then have them draw a picture of it. When students finish, have them share their drawings. Discuss with the students how they felt about drawing their anger, how they felt about the action(s) they took, how they think the other people who might have been involved may have felt. Note: When this type of activity is conducted, people often re-experience the anger they felt. Process this activity until you feel that the students have regained their calm.

Activity 2: Tell students: *There are some easy steps to calming ourselves when we're angry so that we don't*

hurt ourselves or others. Once we're calm, we can then talk about the anger with the person or people we are angry with. Ask: What do you think some of these steps might be? (You may have to prompt the students at the beginning. You might also want to list them on the board or chart paper to refer to later.) Possible answers:

- Walk away.
- Count to 10 slowly.
- Talk to someone who is not involved in the problem.
- Take a walk.
- Listen to music.
- Breathe slowly.

Give students drawing paper and markers or crayons. At the top of the paper, have them write "How to Handle Our Anger." Then have them choose one of the steps listed on the board and create a drawing of it. Tell students: *These drawings are for our "How to Handle Our Anger" book.* (This book can be kept in the classroom or put in the library as a

resource book to remind students what they can do to control their anger.)

When the students finish, have them share their drawings. Ask them: *How did you feel as you were making your drawing? What do you think of our book? How can others use the book?*

Reflection: Ask the students and discuss: *What did you learn today? Why is it important to learn how to handle our anger? What can you teach others? What will you practice?*

Recognition: See “Classroom Instructions,” page 5, for information regarding recognitions.

FAMILY/HOME ACTIVITY

Theme: Anger/Conflict Management Grade: Second

Dear parent/guardian, here is a character-building activity to do with your child as part of the school's Learning for Life program. It reinforces the Learning for Life lesson that was taught in the classroom.

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: **Goal:** Your child will learn anger management techniques. :
: **Activity:** Doorknob hanger :
: **Materials:** Copy of attached doorknob hanger traced on :
: heavy paper or cardboard, crayons or markers :
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Directions: Discuss with your child some of the steps to take to calm ourselves if we are angry. They include walking away, counting to 10 slowly, talking to someone who is not involved, taking a walk, etc. One way to calm ourselves is to put ourselves out of the situation, kind of in a "time out." Have your child make a doorknob hanger to hang on their door when they need privacy or need to think through a problem.

Have your child:

1. Trace and cut out the doorknob hanger.
2. Decorate it using markers or crayons.
3. Hang it on their door when needed.

Cut out and trace
on heavy paper
or cardboard.

