

STUDENT WORKSHOP: WHAT TO DO ABOUT ANGER



#3521

OPEN-CAPTIONED
SUNBURST COMMUNICATIONS
1997

Grade Levels: 2-5

34 minutes

4 Instructional Graphics Enclosed

DESCRIPTION

What makes you angry? How do you act when you get angry? What are the consequences? How can you handle your angry feelings? What can you do when someone is angry with you? The four-part interactive presentation answers these questions and teaches children positive anger-management skills through a series of dramatized situations. Final review summarizes the techniques.

ACADEMIC STANDARDS

Subject Area: Working with Others

- Standard: Uses conflict-resolution techniques
 - Benchmark: Resolves conflicts of interest (See Instructional Goals #2, #3 and #4)
 - Benchmark: Determines the causes of conflicts (See Instructional Goal #1)
 - Benchmark: Identifies an explicit strategy to deal with conflict (See Instructional Goals #2, #4, #5, #6 and #7)

INSTRUCTIONAL GOALS

1. To observe what triggers anger.
2. To study personal ways of reacting when angry.
3. To examine the consequences of ways people express anger.
4. To compare constructive and destructive ways of expressing anger.
5. To review ways to gain control over angry impulses.
6. To observe how angry behavior appears to others.
7. To illustrate effective measures to deal with another person's anger.

VOCABULARY

1. anger
2. "anger buttons"
3. cheat
4. conduct
5. consequence
6. emotions
7. normal
8. reaction
9. solution
10. strategy
11. success

BEFORE SHOWING

1. Discuss what it means to be *angry* and identify actions that cause it.
2. List ways people handle anger appropriately and inappropriately.
3. Explain that the video uses a research format to present the content.

DURING SHOWING

Discussion Items and Questions

1. View the video more than once, with one showing uninterrupted.
2. Pause at the breaks in the video and discuss the questions presented.
3. Complete a worksheet illustrating the content of each segment of the video. (See INSTRUCTIONAL GRAPHICS.)

AFTER SHOWING

Discussion Items and Questions

1. What is an “anger button”?
2. List ways people act when they become angry. Discuss why people may not react the same way to anger-causing situations.
3. What is “displaced anger”?
4. Why is it important to identify personal emotions, especially anger?
5. List consequences of people’s angry behavior.
6. Discuss strategies to handle angry feelings.
7. Discuss reactions to other people’s angry expressions.
8. How can taking time to slow down between the time an anger button is pushed and anger is expressed help both people in a disagreement?
9. Describe how a person can calm angry feelings by talking to himself or herself.
10. List options people have when others become angry toward them.
11. How does helping an angry person improve a bad situation by solving the problem that is the root of the anger?

Applications and Activities

1. Create a chart showing personal anger buttons of people in the classroom.
2. Discuss the differences between feelings of anger, disappointment, and frustration.
 - a. Write a story about each feeling.
 - b. Find synonyms for each feeling.
 - c. Illustrate the feeling.
 - d. List reactions to the feeling.
 - e. Summarize the consequences of the reactions.
3. Role-play situations that cause anger.
 - a. A friend accidentally breaks a favorite keepsake.
 - b. A friend fails to keep a promise.
 - c. A new kid cuts into the line at lunch.
4. List various ways people can handle their anger.
5. List the emergency anger-control procedures.

INSTRUCTIONAL GRAPHICS

- WHAT PUSHES YOUR ANGER BUTTON?
- WHAT WILL HAPPEN NEXT?
- TURNING ANGER AROUND

- WHEN SOMEONE’S MAD AT YOU

RELATED RESOURCES

Captioned Media Program

- I’m So Frustrated #3257
- Our Feelings Affect Each Other #1793
- Getting Better at Getting Along #3294
- We Can Work It Out! #3314

World Wide Web

The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and “kid-safe” sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

- GETTING YOUR ANGRIES OUT <http://members.aol.com/AngriesOut/index.htm>

Offers information for processing anger, therapeutic activities, and advice for both kids and adults. Also comprehensive Favorite Links list.

- STRATEGIES FOR EMPOWERING STUDENTS
<http://www.urbanext.uiuc.edu/ce/strat-index.html>

Provides a variety of ideas and lesson plans to strengthen character-building, critical thinking, problem solving, and self-esteem.

- NO BULLYING <http://www.nobully.org.nz/>

Provides advice for kids and adults as well as a bullying game.

- MANAGING FEELINGS <http://home.earthlink.net/~shalyndria/plans.htm>

Uses dramas to teach assertiveness, conflict resolution, empathy, personal responsibility, handling and managing stress, and self-awareness.

- KIDS KEEPING THE PEACE <http://www.esrnational.org/playgrd.html>

Offers a “how-to” section on playground peace and other problem-solving sections for kids.

- SPIDEY’S TIPS ON CONFLICT RESOLUTION <http://www.childabuse.org/kids1.html>

Provides tips to conflict resolution and avoiding anger.

What Pushes Your Anger Button?

Directions: Circle the things that make you angry.

I get angry when:

- Kids cheat.
- My sister hogs the TV.
- A friend breaks a promise.
- Someone breaks my stuff.
- I lose a game.
- Kids cut in line.
- Someone calls me names.
- I get picked on.
- Someone hits me.
- My parents treat me like a baby.
- Someone bothers me.
- I think things are unfair.
- Someone makes faces at me.
- Kids spread rumors.
- Someone lies to me.
- My brother takes my stuff without asking.
- I get interrupted.
- Someone bosses me around.
- Kids tattle.
- I get teased.
- Someone puts me down.
- Kids act cruel.
- Someone tells a secret I've told him or her.
- Someone breaks an agreement we've made.



What else pushes your anger button?

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-
-
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-



What Will Happen Next?



Directions:

How you act when you are angry can make the situation better or worse. What you do has consequences. What do you guess the consequence will be for each situation? Circle **a**, **b**, or **c**.

- John is careless and accidentally breaks Elizabeth's bike. Elizabeth yells at John. What will happen next?
 - John will say he is sorry.
 - John will ask his father to fix the bike.
 - John will get angry and say that it is not his fault.
- Jennifer's mom says she can't go to the movies because Jennifer didn't clean her room. Jennifer is angry and throws her younger brother's Game Boy across the room. What will happen next?
 - Jennifer's mom will change her mind and let Jennifer go to the movies.
 - Jennifer's mom will get angry and her brother will refuse to play with her.
 - Jennifer will stay home and have fun playing with her brother.
- Every day at recess a different person gets to pick a snack first. Today is Brianna's turn, but the teacher forgets and picks someone else. Brianna is angry, but she doesn't remind the teacher that it is her turn. What will happen next?
 - Brianna will feel bad about not getting her turn and she will be angry with her teacher.
 - The teacher will get angry with Brianna.
 - The teacher will remember and apologize to Brianna.
- When Krista was carrying her lunch to her table, Mark bumped into her. Krista spilled food on herself and everybody laughed. When Krista went to sit down in her regular seat, next to Marisol, Ian was there. Krista yelled, "Get out of my seat, jerk," and pushed Ian's tray off the table. What will happen next?
 - Mark will apologize for bumping into Krista and embarrassing her.
 - Ian will move over and make room for Krista.
 - Ian will get very angry with Krista.
- Jeffrey and Travis are running in a race, and Jeffrey is just ahead of Travis as they come to the finish line. Travis bumps into Jeffrey on purpose. Jeffrey stumbles and Travis wins the race. Jeffrey blows up at Travis, and calls him a cheater in front of everyone. What will happen next?
 - Travis will admit to bumping Jeffrey, and Jeffrey will be declared the winner.
 - Travis will get angry too, and call Jeffrey a sore loser.
 - Jeffrey will feel good about his friendship with Travis.

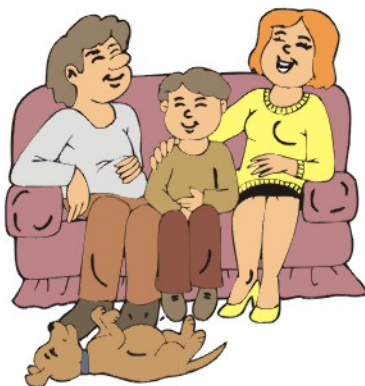
Turning Anger Around



Directions: One good thing about anger is that it can give you the energy to fix things and make them better. Have you, or has anyone in your family, ever been angry and put the anger to good use? Write it by filling in the blanks.



1. I was angry at _____ because he/she _____
 _____. The way I handled my anger was to _____
 _____.
 Things changed after that. From that time on, _____
 _____.

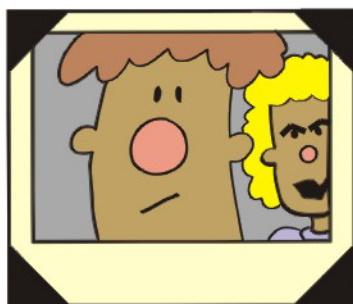


2. _____ was angry at _____
 because he/she _____. The way
 _____ handled his/her anger was to _____
 _____.
 Things changed after that. From that time on, _____

 _____.

When Someone's Mad at You

Directions: Let's look at some situations that could happen. This time you are in the scene, and someone gets angry with you. How would you handle it?



1. Alexis put the clay pot she made in art class on her desk. She had just painted it and it needed to dry. You and Stephen are playing nearby, and you knock into her desk. The clay pot falls off and breaks into pieces. You and Stephen don't even notice what happened. Alexis is mad at you. How would you handle it?
2. You and Jana are planning to work together on a project for the science fair. Jana calls you a couple of times to set up a time to work, but you tell her "Let's wait until next week to get started." One week before the project is due, you tell Jana you've decided to work with Nancy instead. Jana is mad at you. How would you handle it?
3. You and Keith are good friends. You are in line in the lunchroom when Gary, an older kid, cuts in front of Keith. Keith tells Gary to go to the back of the line. Gary says, "Make me, baby face," and starts to tease Keith. You walk away to talk to your friend, Eric. Keith is mad at you. How would you handle it?



**PLEASE RETURN LESSON GUIDE
WITH VIDEO**

**Lesson guide also available
online at *www.cfv.org***

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