Unit 2: Life Skill: Anger Management

Content Area: **Guidance**
Course(s): **21st Century Skills**
Time Period: **Marking Period 2**
Length: **4 Weeks**
Status: **Published**

Unit Overview

The skills learned in this unit will help to decrease impulsive and aggressive behaviors in individuals. Students will understand that anger can lead to rage, which in turn can lead to violence. In this unit, students will learn and practice the skills that will help them manage their anger.

Standards

CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP3	Attend to personal health and financial well-being.
CRP.K-12.CRP6	Demonstrate creativity and innovation.
CRP.K-12.CRP9	Model integrity, ethical leadership and effective management.
CAEP.9.2.8.B.3	Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

Essential Questions

- How can anger lead to rage?
- Why is rage dangerous?
- How can I control my anger?
- Why is my ability to read the body language of another important as a safety skill?
- What are my anger triggers, and how do I recognize them?
- How does relaxation differ from cool-down?

Application of Knowledge and Skills...

Students will know...

- anger is a normal emotion
- anger is cognitive and is controlled through self-talk

- rage is impulsive and reactive
- there is a distinction between cool-down strategies and relaxation

Students will be skilled at...

- demonstrate deep-breathing techniques as a cool-down strategy
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- identify his/her anger triggers
- identify positive and negative consequences of anger
- identify the physical signs of anger
- list a step-by-step process to control anger in the school setting
- name at least two cool-down strategies
- use self-talk as a control mechanism for controlling anger

Assessments

- Worksheet: Interview with Anger Formative: Other written assessments Students will complete the worksheet and define self-talk as the mechanism that either promotes or diffuses anger. They will explore the meaning of anger and anger management strategies.
- Unit Quiz Summative: Written Test Students will take a written quiz on concepts/skills learned during this unit, such as anger, rage, anger triggers, and uncontrolled anger.
- Unit Pre-Test Diagnostic: Written Test Students will take a written pre-test to measure prior knowledge of anger and anger management strategies. Pre-test data will help guide unit discussions.

Activities

- In-class activity: identifying igniting events (triggers)
- Worksheet: “Interview with Anger”
- Unit quiz

Activities to Differentiate Instruction

- Allow for tiered responses to in-class activities and homework
- Advanced students will develop personal anger-management strategies and demonstrate them to the class by acting them out in a role-play situation.

Integrated/Cross-Disciplinary Instruction

Students will make the connection to interviewing skills/strategies from their language arts classes when completing "Interview with Anger".

Resources

- Microsoft PowerPoint
- Worksheet: "Interview with Anger"
- Handout: "What to Do When You Are Angry"