Unit 2: Anger Mangement

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

Unit Overview

Anger management is key in violence prevention. In this unit, students will understand the importance of controlling impulsive and aggressive behavior. Students will distinguish cool down strategies from relaxation. They will identify relaxation strategies and will recognize that it is essential to practice on a daily basis so as to maintain emotional balance.

Standards

CRP.K-12.CRP3	Attend to personal health and financial well-being.
CRP.K-12.CRP5	Consider the environmental, social and economic impacts of decisions.
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 does anger management effect my safety from violence?
- What is the difference between anger management and relaxation?
- Why should I practice relaxation every day?
- What is a secondary emotion?

Application of Knowledge: Students will know...

- anger and other stressful emotions can be managed through relaxation strategies and cool talk
- anger is typically a secondary emotion
- negative self-talk can prompt anger
- our bodies react to anger and it is necessary to recognize the physical signs

Application of Skills: Students will be able to...

- compare and contrast different ways people deal with stressful emotions

- define and list relaxation strategies
- demonstrate anger management techniques
- identify stressful emotions which underlie anger
- recognize physical signs of anger

Assessments

Unit Pre-test: informal in-class question and answer session

Student lists of personal calm-down and relaxation strategies

Suggested Activities

- In-class activity:"Underlying Feelings"
- In-class group activity: Brainstorm relaxation techniques

Activities to Differentiate Instruction

- Scaffolding student responses to assist the special student
- Creating role play scenarios for in-class activities for the gifted student

Integrated/Cross-Disciplinary Instruction

- Health and physical education: anger management strategies

Resources

- Power point for lesson presentation
- Publisher created worksheets for in-class activity