

Small Group Counseling - Grade 6-8

Content Area: Social Emotional Learning - Anger Management

Time Period: 6-8 weeks (extend if needed)

Essential Questions:

- What does anger look and feel like?
- What underlying emotions do we feel when angry?
- What makes us feel angry?
- What are some warning signs you are getting angry?
- How can we communicate with others that we are angry?
- How do we calm down?
- Why is expressing anger in a healthy way important?

Big Ideas: Students can learn anger management through conversations, activities, and role playing. Participation will guide students to develop coping strategies, identify anger triggers, and increase emotion regulation skills. Students can demonstrate understanding of these concepts by:

- Demonstrating a decrease in angry outbursts.
- Demonstrating an increase in effective communication.
- Utilizing healthy coping strategies.
- Recognizing anger gives us information about what we want or need.
- Recognizing anger in ourselves helps us calm down faster.
- Recognizing calming down helps us think clearly.

SEL Competencies:

Self Awareness: Recognize one's feelings and thoughts. Recognize the impact of one's feelings and thoughts on one's own behaviors.

Self- Management: Understand and practice strategies for managing one's own emotions, thoughts, and behaviors.

Social Awareness: Demonstrate an understanding of the need for mutual respect when viewpoints differ.

Relationship Skills: Utilize positive communication and social skills to interact effectively with others. Demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways.

****Always hold the first 1-2 group sessions as ice breakers / getting to know you, and group rules review.**

Unit 1: All About Anger

- Learning what anger is and how we express it
- Discussing the underlying emotions with anger (anger volcano or iceberg)

Unit 2: Identifying Anger Triggers

- Identifying why we feel angry (revisit underlying emotions discussion)
- What people, places, or things trigger us to feel angry
 - Can we avoid them? If not, can we learn to cope with them?

Unit 3: Anger Warning Signs

- Identifying where in our body we feel anger
- Discuss different phases of anger. What are early warning signs versus angry outbursts

Unit 4: Practicing Calming Techniques

- Discussion on various calming techniques
 - Practicing deep breathing, counting to 10, walking away

Unit 5: Developing a Coping Skills Toolbox

- Each student will identify which coping strategies work for them.
- Role playing scenarios can be used to develop an understanding of when it is appropriate for each coping strategy to be used.

Unit 6: Assertive Communication

- Students will learn assertive communication versus passive communication
 - Which one is more effective?
- Learning how to effectively communicate feelings of anger and frustration with others.

Unit 7: Positive Self Talk?

- How to speak kindly to and about ourselves if feelings frustrated with our own actions