

Healthy B.A.S.I.C.S. Lesson Plan

What to do when I'm Angry



OBJECTIVES:

- Students will define anger as a normal emotion.
- Students will list three (3) behaviors that show when anger is out of control.
- Students will describe three (3) positive ways to deal with anger.

TIME FRAME:

- 30–45 minutes, longer with use of optional activities.
- Time frame will vary with number and ages of students.

GRADE LEVEL:

- Middle school, suitable for early to late adolescence

SUGGESTED MATERIALS:

- Healthy B.A.S.I.C.S. brochure, What to Do When I'm Angry (5th grade reading level)
- Blank sheets of paper, pencils, pens or markers
- Text: Jones, A. (1996). The Wrecking Yard of Games and Activities. Ravensdale, WA: Idyll Arbor, Inc.
- Text: Freymann, S. & Elffers, J. (1999). How Are You Peeling? Foods With Moods. New York: Scholastic Press. (for optional activity)
- Audio tapes with soothing ocean or rain sounds (for optional activity)
- Examples of media portraying anger or aggressiveness (for optional activity)

LEARNING ACTIVITIES:

- Review Healthy B.A.S.I.C.S. brochure, What to Do When I'm Angry and reinforce positive ways to deal with anger. Some examples:
 - Talk to the person who made you feel angry or talk to a friend.
 - Do some form of exercise.
 - Try to relax. Find a quiet place to listen to music.
 - Try to avoid situations or people that make you angry.
 - Turn your anger around by telling a joke.
 - Think about what might happen if anger gets out of control. Stop before reacting.

(over)

■ How Are You Feeling? Activity:

Instructions: Read the following — “Sometimes people feel upset, sad, down, worried or frustrated. Anger is a feeling that may come from being afraid or sad and not expressing it. It is important to learn how to talk about feelings and not to hold them inside.”



Divide the class into small groups. Distribute four sheets of paper to each group and list one of these anger-related feelings: Blamed, Sad, Confused or Frustrated on the top of sheet. Have the students share and list what actions they take when they have these feelings. Once the groups are finished, have a discussion about these feelings and reactions.

OPTIONAL ACTIVITIES:

- Use “Beware Aware Game” from the book, The Wrecking Yard of Games and Activities. See page 198 for game introduction, objectives and detailed instructions. This game helps students identify their anger and improve their abilities to handle this normal emotion in appropriate ways.
- Share the pictures in the book, How Are You Peeling? Foods with Moods with the class. Suggestions: Have the students identify the emotions, suggest stories to explain pictures, or discuss the importance of verbal and non-verbal communication.
- Play a tape with soothing ocean or rain sounds. Have the students close their eyes, relax and think of something they enjoy. Focus on deep, slow breaths in and out.
- Discuss ways in which anger and aggression are prevalent in society. Use examples from the media. Discuss alternatives.



FOLLOW UP:

- Distribute Healthy B.A.S.I.C.S. brochure, What To Do When I'm Angry to each student to take home and share with family. *Note: This brochure is also available in Spanish.*
- Identify resources such as school counselors or health services available for students dealing with anger.

ADDITIONAL RESOURCES:

- Text: Jones, A. (1998). 104 Activities That Build: Self Esteem, Teamwork, Communication, Anger Management, Self-Discovery and Coping Skills. Richland, WA: RecRoom Publishing.
- School or community counseling services
- Additional Healthy B.A.S.I.C.S. brochures and lesson plans are available in ready to use format from: **www.childrenshealthfund.org** or by contacting:
The Children’s Health Fund, 317 E. 64th Street, New York, NY 10021, (212) 535-9400

Healthy B.A.S.I.C.S. (Building Active Strategies to Inform Children in School) is a project devoted to bringing simple, engaging and culturally relevant health materials to elementary and middle school children.

The lesson plans and the English and Spanish brochures were created by clinicians of the National Children’s Health Project Network of The Children’s Health Fund.

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