

Month(s) to be completed: Any

Duration: 3 Sessions

Christina School District
Elementary Guidance Best Practices
Programs and Activities

Title of Activity: Anger Control Management **Grade Level(s):** K-3

Standard Competency Addressed (list all by Standard/Competency #):

A:A1.1; A:A1.4-5; PS:A1.1; PS:A1.4-9; PS:A1.11-12; PS:A2.1-8; PS:B1.1-11; PS:C1.2-7;
PS:C1.9-11;

Superintendent's Performance Target Addressed:

Safe and Orderly Environment

Resources/Materials Needed:

Second Step Grades K-3

Procedures/Lesson Plans (See Back of Form)

Benchmark/Goal of Activity:

Students will demonstrate how to identify feelings they are experiencing; Students will develop strategies to deal with conflict and anger in a positive way;

Evaluation (means of determining if benchmark/goal has been met or is in progress):

Pre/Post Survey and Discussion; Teacher feedback on student behavior following the lessons;

Comments: This program is good for teaching students how to identify signals related to anger and conflict and to develop methods to control themselves and recognize the consequences if they don't.

Submitted by:

Name: Brigida Rodriguez

School: Marshall

Procedures/Lesson Plans

Please provide a brief description of how this program/activity works and of any essential factors to its success:

1. Conflict Resolution Movie (6 minutes)
 - a. Discuss how the movie shows some ways to recognize when we have a conflict and also ways to solve it
 - b. Ask the students "How can we predict the consequences of our actions?" Discuss.
 - c. Students will fill out a short worksheet to assess their understanding
 - d. The worksheet should include both picture and written information to accommodate students are various reading levels
2. Feelings Movie (6 minutes)
 - a. Discuss how the movie shows some different types of feelings and what some of those feelings are
 - b. Show the students some of the Second Step cue cards and ask students to identify what the child in the picture is feeling. Discuss.
 - c. Ask the student to draw a picture of a feeling they felt and why to evaluate their understanding of the connection between feelings and the expressions we use to show them.
3. Anger Control Movie (8 minutes)
 - a. Discuss how the movie shows how the boy's anger; Discuss using questions like "What did his anger look like?", "What happened because he was so angry?"
 - b. Help students create a picture of what different levels of anger look like (e.g. a little angry might be like a foot stomping, but a lot might be a red face with steam coming out of the ears). Discuss student examples.
 - c. Discuss how non-verbal cues can help students recognize when they or someone else is angry and thing you can do to calm down.