

# Learning to Control My Anger

## Experience Sheet and Discussion

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### Objectives:

The students will:

- identify people, conditions, and situations that tend to make them angry.
- describe constructive ways to manage their anger.

### Materials:

one copy of the experience sheet, “I Can Control My Anger,” for each student

### Directions:

Lead the students in a discussion about anger. Acknowledge that it is an uncomfortable emotion that can sometimes be difficult to control. However, emphasizing that it is normal to feel angry at times, and that anger can play a useful role in day-to-day life. Make these additional points:

- Anger is a normal human emotion. It is neither bad nor good.

- Volatile expressions of anger, if they happen often, can negatively affect relationships and can have negative health consequences as well.
- There are healthy and appropriate ways to manage anger.
- It is how we react to a situation, not the situation itself, that causes anger and other emotions.

Ask the students to think of ways they can appropriately express the energy that builds up inside as a result of anger. Write their suggestions on the board and discuss.

Divide the class into groups of three or four. Have the groups brainstorm additional acceptable ways of dealing with anger. Ask each group to share two or three ideas with the class.

Remind the students that if they know what makes them angry, they can learn to recognize the onset of angry feelings and can do something to calm down or cool down.

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Distribute the experience sheets and go over the directions. Give the students a few minutes to list situations and conditions that make them angry and ways to manage the anger. When they have finished, ask volunteers to read some of their items to the group.

Elaborate on each example and use it to generate further discussion. Focus less on the situations (and their justification) and more on anger-management strategies.

### **Discussion Questions:**

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1. Why is it important to control anger?
  2. What are the most common causes of anger in our group?
  3. What ideas for controlling anger work best for you?
  4. What new ideas for controlling anger would you like to try?
  5. What can you do if nothing you try helps to lessen your anger?
  6. What happens when people are unable to control their anger?
  7. What techniques for reducing anger have worked for you?
  8. What happens if you let anger build up inside over hours or days?
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# I Can Control My Anger

## Experience Sheet

Do certain things almost always make you angry? Do you react angrily to the same situations-or the same people-over and over? Maybe you get angry when you don't get your way. Or when your brother or sister uses your things without asking.

In the left column, list things that usually make you angry. In the right column, list things you can do to deal with your angry feelings. .

### What Makes Me Angry

### What I Can Do

1. _____ _____	_____ _____
2. _____ _____	_____ _____
3. _____ _____	_____ _____
4. _____ _____	_____ _____
5. _____ _____	_____ _____
6. _____ _____	_____ _____
7. _____ _____	_____ _____
8. _____ _____	_____ _____
9. _____ _____	_____ _____
10. _____ _____	_____ _____