

Role-Plays
Anger Management

Role Play 1

The scene is a classroom. One person plays the teacher and the other person plays the student. The teacher is going to tell the student to do a job (i.e.-pass out papers). The student goes to turn in a paper. The teacher should then come back and tell the student to go do another job (empty the pencil sharpeners) in a tone of voice that suggests she is annoyed with the student.

Student: "Good morning, Mrs. _____."

Teacher: "Hello, _____. Please pass out these papers."

A few minutes later the teacher approaches the student.

Teacher: "Why are you not emptying the pencil sharpeners?"

Student: "I thought you wanted me to pass out papers."

Teacher: "I don't care what you think I said, I want you to empty the pencil sharpeners!"

This is a good point to discuss deep breathing techniques and Stop and Think techniques.

Self-Instruction/Self-talk examples

"Okay, easy does it."

"Be calm."

"Relax."

"She forgot what she asked me to do."