

Lesson: Social Skills 5 - Anger

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Supplies Needed: Talking piece, This is When I Feel Mad worksheet, Colors/pencils

Review rules/Review bully definition

Check in: What makes you feel mad?

Activity:

ANGER:

THIS IS WHEN I FEEL MAD

Have the children identify and draw four situations that tend to make them mad. Tell them that if they can recognize the type of situation that angers them, they may be able to catch their anger at an early stage and calm down.

Using this information with their body symptoms from the worksheet will help them realize when it is time to calm down.

What are things that help you to calm down?

Who can you talk to when you are mad?

Why is it not healthy to stay mad?

Summarize: Some situations make us feel mad and that causes our bodies to feel a certain way, it is important to understand how we feel.