

Lesson 7: My Boiling Point

Objectives:

- Students will identify anger as a normal emotion that varies from person to person.
- Students will recognize that individuals express anger in different ways.
- Students will demonstrate how to manage their own anger in a constructive manner.

Preparation:

- Gather needed material.
- Duplicate the Family Resource Sheet, Skills for Peaceful Conflict Resolution: Identifying and Communicating Emotions, Managing Anger, so that each student will have one to take home.
- Duplicate the student worksheet, Reaching the Boiling Point for each student.
- Prepare Triggering My Anger example cards

Material:

- Paper bag or similar container
- 1 blank index card for each student
- Teacher prepared Triggering My Anger example index cards
- Bulletin Board Puzzle Piece: Managing Anger
- Family Resource Sheet: Skills for Peaceful Conflict Resolution: Identifying and Communicating Emotions, Managing Anger

Procedure:

Ask the students if any of them remember the things that got Adam, Matt, and Amy angry in the video they saw in the last health class.

Activity A

1. Ask students how many of them have been angry in the past week. Give students one index card each and tell them to think about one thing that made them very angry in the past week and, without using names, write what happened to cause the anger. Have them place their cards in the container with your prepared cards.
2. Explain that feeling angry is a normal emotion and that each person experiences anger at different times and for different reasons. In fact, in the same situation, a person might become angrier than usual because of the circumstances. Tell students it's important for them to know what makes them angry, to recognize when their angry feelings are building up, and to learn how to manage their anger in a positive way.