

**St. Paul Public Schools
High School Guidance Curriculum Action Plan**

Lesson: Anger Management #1

Grade	9 th grade	Start/End Dates	Semester 1
Guidance Lesson Content	<ol style="list-style-type: none"> 1. Have students take pre-test. [5 minutes] 2. Hand out Power Point to students (optional) (6 slides per page. Don't print Slide #1 if you want to keep on one page back to back) [2 minutes] 3. Discuss the first three slides. Emphasize the goals and that the post-test is the same as the pre-test. The post-test answers are what they should remember [3 minutes] 4. Talk about Slide 4. Give brief descriptions about each bullet point. Briefly describe why it is OK to be mad occasionally. Ask the students to tell a time when they or someone they knew got mad when it was justified. [5 minutes] 5. Present Slides 7-9. Tell brief stories on how these leaders dealt with anger. [5 minutes] 6. Describe internal and external sources of anger on Slides 11-13. [5 minutes] 7. Ask students to write what they think people's two biggest sources of anger are. Split up into groups to discuss and decide what are the two biggest sources of anger. Report groups' answers to the class. [8 minutes] 8. Review three benefits of anger and the Gandhi quote. Explain the next lesson [2 minutes] 		
ASCA Standard / Competency	Personal/Social:A1.5 Identify and express feelings Career:C2.2 Learn how to use conflict management skills with peers and adults		
Materials	<ul style="list-style-type: none"> • Copies of pre-test • Handouts of the Power Point Anger Lesson #1 (optional) • Laptop and Projector 		
# of Students Impacted	All 9 th Graders	Lesson Presented In	English classes or Advisory
Evaluation Methods	Perception Data:		Results Data:
	Attitude: <ul style="list-style-type: none"> • Confidence they can control anger Skills: <ul style="list-style-type: none"> • Display ways to diffuse anger Knowledge: <ul style="list-style-type: none"> • Techniques to proactively prevent anger 		Achievement Related: <ul style="list-style-type: none"> • Fewer students suspended for fighting which results in higher grades Achievement: <ul style="list-style-type: none"> • Less drama which allows students to concentrate more on academics
Contact Person	Jim Bierma		

Principal's Signature _____

Date _____

Date Staff Presentation _____

Prepared By _____