

Date: Monday 12/08/08	Period: 1	Students: Sebashtian, Charles, Keseane, Isiah, Michael, Mathew
Unit: Social Skills – Self-Control	Time: 7:30-7:45	Standards: Health Ed 3.8.4-Evaluate role others play in stress, 5.8.1-Role play decision-making & problem-solving skills, which enhance interpersonal relationships.

Content Objective(s): (The "What" students will do based on standards) Desired Outcome(s):
 Student will develop an understanding of what angry behavior is and learn how to predict consequences and identify drawbacks of their responses to their own anger.

Content Objective(s): (The "How" students will meet content objectives)
 Students will watch a video scenario of a character challenged by a "difficult situation" that provokes anger.

Key Vocabulary (content vocabulary to make lesson easier) Victim, passive, aggressive	Materials: <i>BeCool</i> DVD: Module 5 - Anger/Self, Computer and projector set-up
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	Preparation		Scaffolding		Assessment
x	Links to Background		Modeling/Direct Instruction	X	Individual
	Links to Past Learning	X	Shared Practice		Group
	Strategies		Guided Practice		Written
X	Questioning		Independent Practice	X	Oral
	DLTA*		Grouping Options		Running Record
	DRTA*	X	Whole Class		Retelling
	Literal-Read on the line		Independent		
	Inferential-Between the line		Partners		Daily
	Evaluative-Beyond the Line				

Minutes	Lesson Sequence/Procedures
15 minutes	1. Before class write the 4 steps to coping with difficult people on the board: 1. Tell what you don't like. 2. Tell how it makes you feel. 3. Tell what you want instead. 4. Tell what will happen if you can't work things out.
	2. With students review the 4 steps of coping with difficult people and review a cool-passive response, hot-aggressive response, cool- in control response.
	3. Being Cool requires: being calm, being centered, being thoughtful
	4. Students watch lesson 1 - Broken Agreements. Stop for discussion after each response: cold, hot, cool
	Closure- Students give examples of how they react when an agreement is broken. How did their reaction help/worsen situation.
	Homework - Practice being cool at home if challenged.