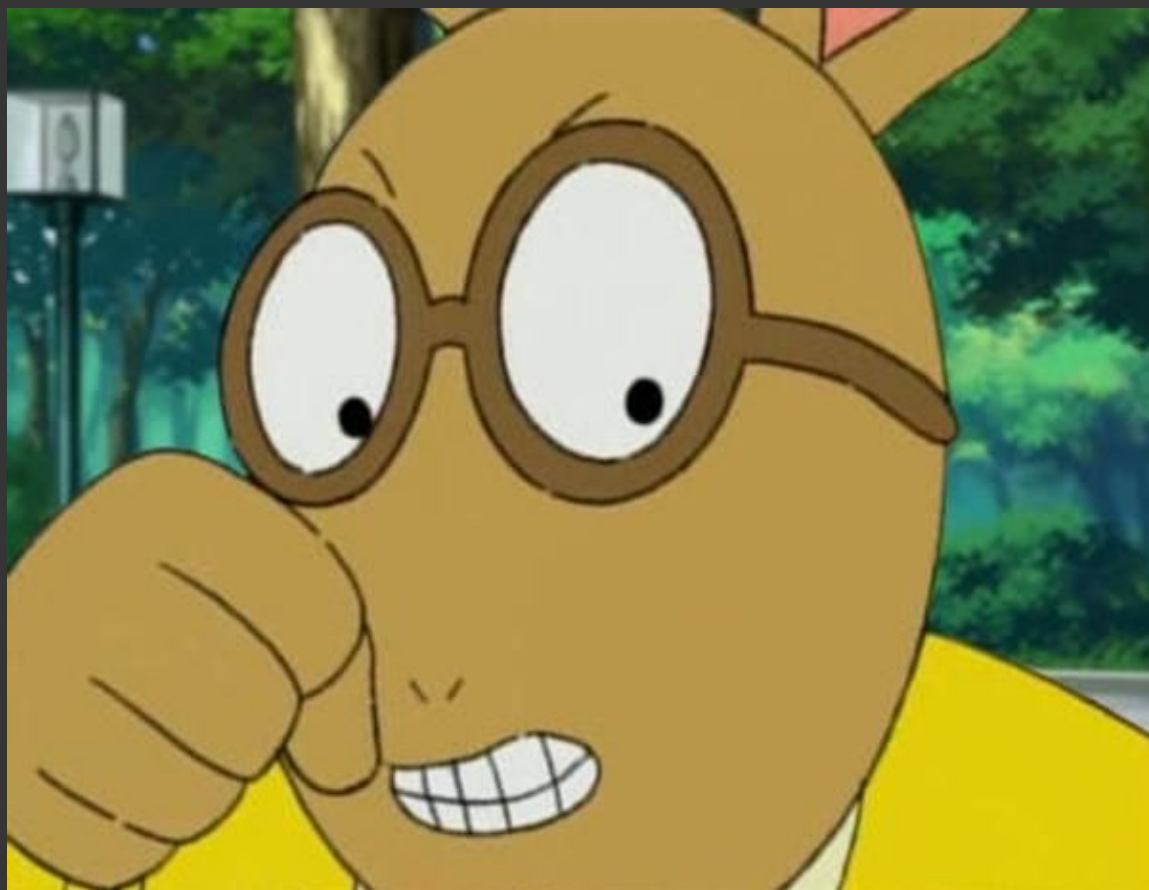

Self Awareness and our Emotions

A guide on Anger Management

Lesson One



Five Areas Feelings Matter Most



1. Where we direct our attention, what we remember, and what we learn
 2. Decision making
 3. Social Relationships
 4. Influences our Health
 5. Creativity, Effectiveness, and Performance
-

THE LAUGHING GAME

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Alliterative Phrases

Here are some examples. Feel free to use these as your own :)

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Babies Belly Dancing

Cats in Capes

Dads with Diapers

Eerie Erasers

Famous Fried Fritters

Grouchy Grandma

What is Anger

As an emotion...



According to Google dictionary
anger is a "strong feeling of
annoyance, displeasure, or hostility."

Anger is often called a secondary emotion because we tend to resort to anger in order to protect ourselves from or cover up other vulnerable feelings. A primary feeling is what is felt immediately before we feel anger. We almost always feel something else first before we get angry.

We might first feel afraid, attacked, offended, disrespected, forced, trapped, or pressured. If any of these feelings are intense enough, we think of the emotion as anger.

As the drawing below illustrates, anger is like an iceberg in that only some of the emotions are visible. The other emotions exist "below the water line" where they are not immediately obvious to outside observers.



What is Anger Management

- Anger management is the process of learning to **recognize signs** that you're becoming **angry**, and taking action to **calm** down and deal with the situation in a productive way.
- Anger management doesn't try to keep you from feeling anger or encourage you to hold it in.



Lesson Two

Self Awareness

Awareness is like the
sun. When it shines on
things, they are
transformed.
- Nhat Hanh

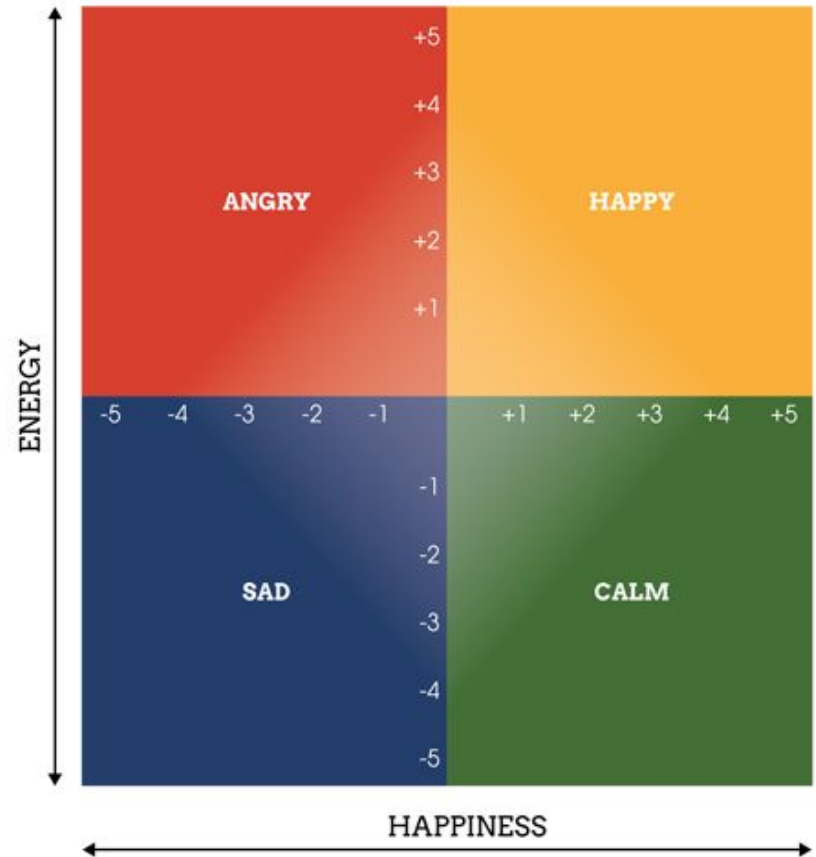
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Activity

Mood Meter

- Represents two components of emotions: pleasantness and energy.
- The mood meter has 4 colored quadrants (red, blue, green, yellow) that describe “where you are now” in terms of your feelings and emotions.



MOOD METER

How are you feeling?



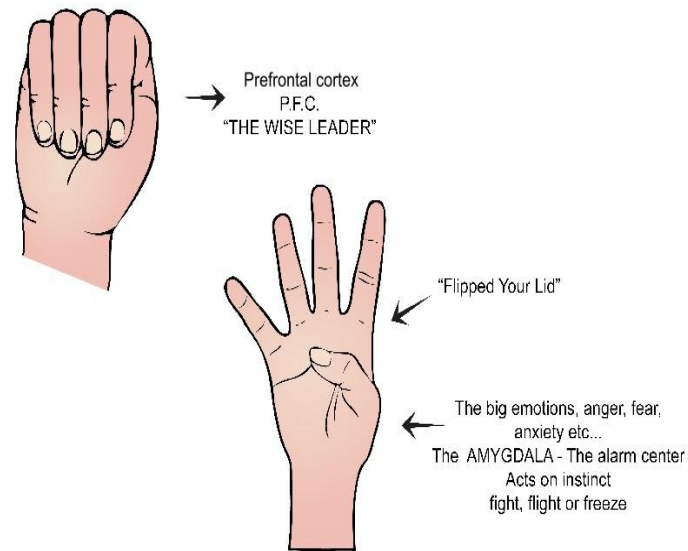
—

**Draw a time you were in the
red this week . . .**

Brain Science Behind



“Flipping One’s Lid”



Credit: Daniel Siegel, V.D. is the creator of this metaphor and expression "Flipped Lid". Copyright: © 2014 www.sharonSelby.com

Early Warning Signs of Anger

Anger is often experienced physically as the body reacts to the interpretation of the situation. (Remember flipping ones lid)

Here are some common cues which may indicate that a person is becoming angry:

- Tensed body
- Clenched teeth
- Increased intensity of speech or behavior
- Unkind words or the tone of voice changes to whining or yelling
- Restlessness, withdrawal, unresponsiveness, or being easily provoked
- Noises with the mouth like growls or deep breathing
- Pouting
- Squinting, rolling the eyes, or other facial expressions

Becoming aware of these kind of cues can help a person to identify that they are feeling anger and take steps to deal with it appropriately.

Triggers

According to Merian Webster: a trigger causes an intense and usually negative emotional reaction in (someone).

Share A Triggering Situation



Recognizing Triggers

- Relationships (parents, friends, siblings)
 - School (stress, bullying, teachers)
 - Social Media
(judgements, not being relevant, **Fear, Of, Missing, Out**)
 - Trauma (abuse, natural disasters, death)
-

Guided Mindfulness



Lesson Three

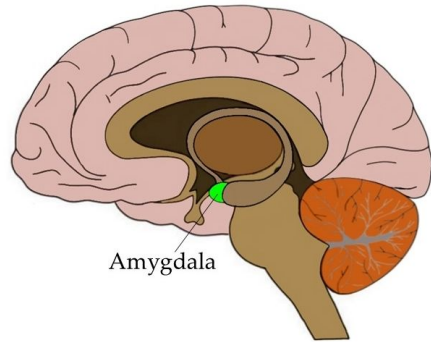
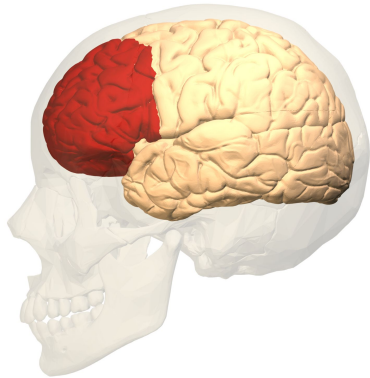
Dealing with Anger

If you know your anger triggers, then you can either:

1. Try to avoid them
2. Learn how to deal with them.
3. Learn how to put your feelings into words, explore and name the emotions (hurt, confused, shame, etc).



Parts of the Brain



1. The prefrontal cortex of our brain is responsible for our decision making, goal setting, and discernment. (ability to judge well)
2. Amygdala is part of our limbic system. This is responsible for our fight, flight, or freeze responses to our environment. It also has been found to contribute towards positive experiences and memory.

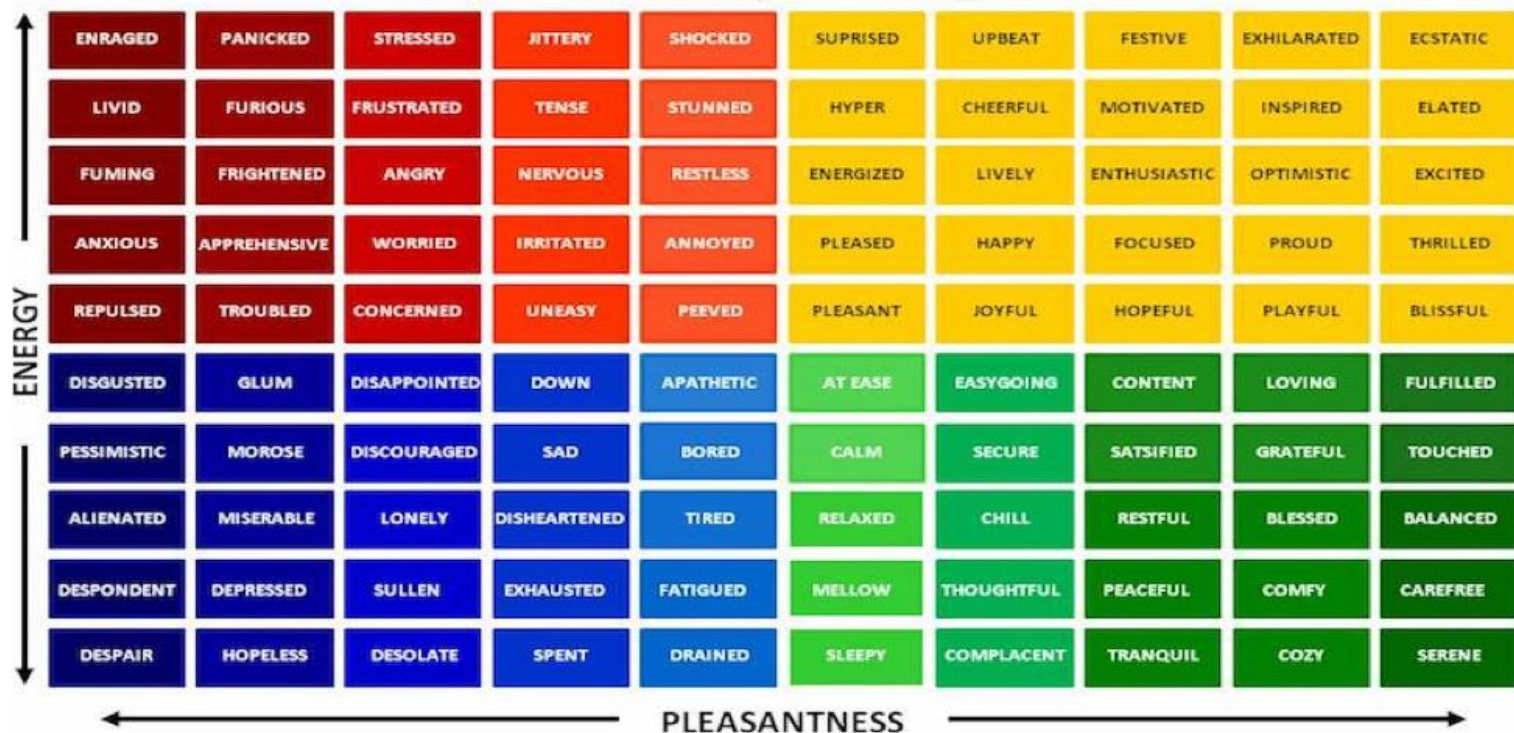
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Check in

MOOD METER

How are you feeling?



TOXIC TRASH BALL

Game Directions

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Consequences

Defined as a result or effect
of an action or condition.
The outcome

—

Choose Your Consequence

Negative

What are some negative consequences of not managing your anger?

Positive

What are some positive consequences of managing your anger?

Controlling Your Anger



When your anger is triggered, you're going to react in some way. The way you react is called your ANGER STYLE.

Three Types of Anger Styles

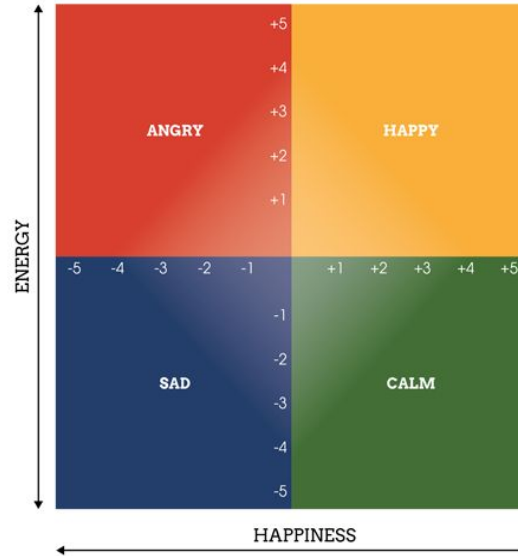
Acting Out

Dumping

Burying

Lesson Four

One Area Our Feelings Matter Most



1. Where we direct our attention, what we remember, and what we learn
-

Anger Is A Problem When

- When it harms you
 - When it leads to aggression
 - When it harms people around you
 - When it disrupts school or relationships
 - When it is too frequent, intense and lasts long
 - When it harms effects your overall quality of life
 - When chronic, explosive anger spirals out of control
-

Types of Anger Expression

Aggressive



Aggressive anger: Anger expressed in this way is directed at the other person to hurt him/her emotionally, physically or psychologically. Yelling, put-downs, and hitting are examples of aggressive anger.

Aggressive Anger Expression

Inappropriately honest
Direct
Expressive
Attacking
Blaming,
Controlling,
Self-enhancing at expense of others.



Passive anger: A person internalizes the expression of anger when he or she avoids dealing with the situation that contributed to feelings of anger. The anger can then be expressed by getting even, holding a grudge, or being mean at some time in the future. Spreading nasty rumors, not speaking to the person, and damaging property can be examples of passive anger.

Passive

Passive Anger Expression

Sulking,
Backhanded compliments,
Procrastination,
Withdrawal,
Refusal to communicate are all signs of **passive**-aggression.



Assertive anger: This is usually the best way to communicate feelings of anger because anger is expressed directly and in a nonthreatening way to the person involved. A statement such as "I feel angry when you ..." is an example of assertive anger.



Assertive

Assertive Anger Expression

It means thinking before you speak, being confident in how you say it, yet open and flexible to the 'other side'. It means being patient; not raising your voice; communicating how you are feeling emotionally, and really trying to understand what others are feeling. When you deal with anger assertively, you demonstrate that you are mature and care about your relationships and yourself.

Conflict Resolution Toss

1. Have the students stand in a circle.
2. Introduce the first colored ball to the group and have students toss the ball gently in random order to warm up.
3. Now tell students that they must state a conflict resolution step from the posterette each time they catch the ball. Have students play this first part of the game.
4. Once the students master this part of the game, add the other, differently colored or styled ball to the game. While the first ball is still being tossed around, have students start tossing the second ball where they must give an example of something that causes them conflict in their life (i.e. - an argument with a friend) each time they catch this second ball.
5. At this point, you will have 2 balls being tossed and students must respond with a conflict resolution step or cause each time they catch the corresponding colored or styled ball.
6. If a student is not able to catch and say the conflict resolution step or cause, they must sit out.
7. The last person left standing is the winner.

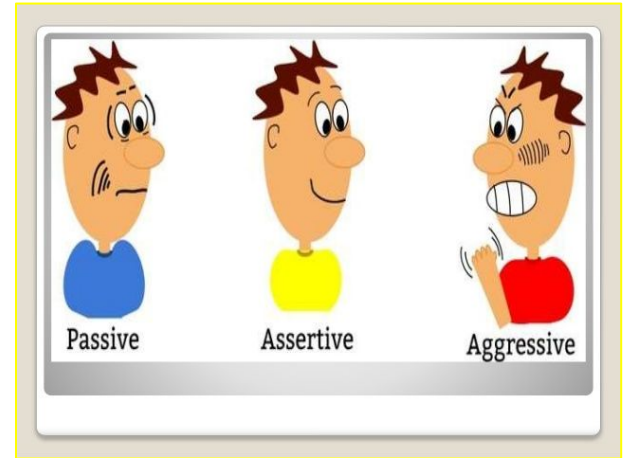
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1. Ignore.
2. Walk Away.
3. Give an “I” Message.

For example:

- I don't like it when you call me names, so please stop.
- I feel angry when you write about me on Snapchat, so don't do it again.
- I wish you wouldn't touch my chair, please stop.

4. Tell an adult.
-



Lesson Five

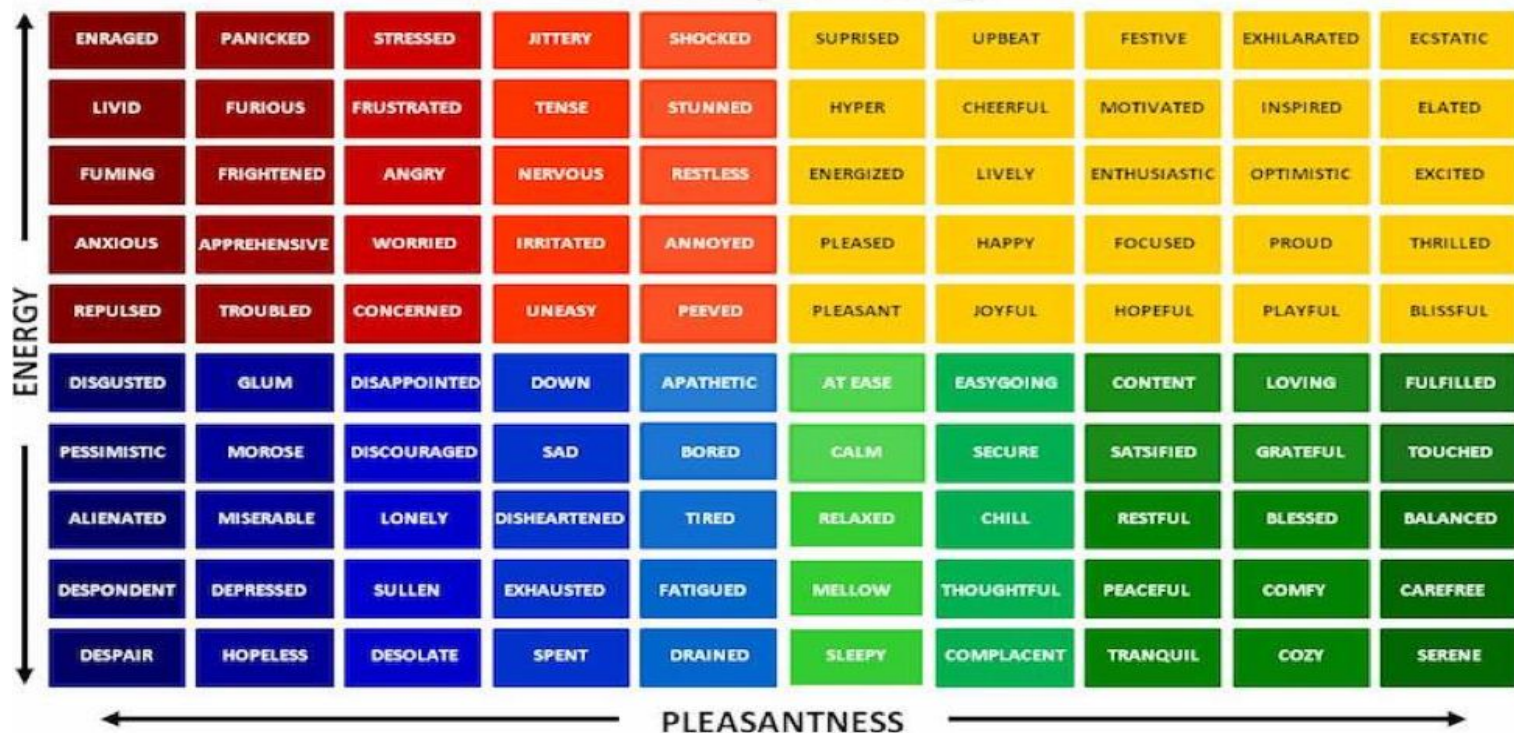
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Check in

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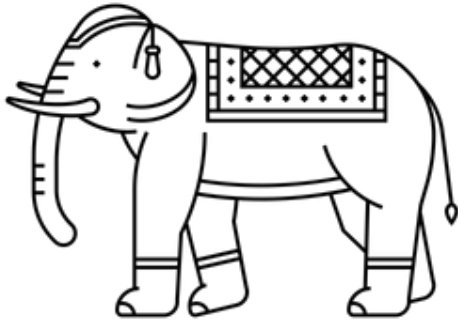
Dads with Diapers

Eerie Erasers

Famous Fried Fritters

Grouchy Grandma

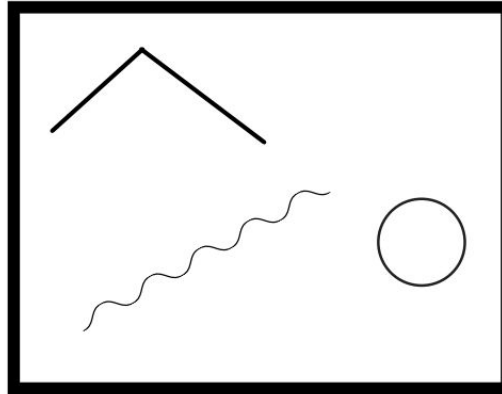
Perspective Taking



Once there were three blind men who came across an elephant for the very first time. Each reached out a hand to the animal. The first man touched the elephant's trunk saying, "An elephant is long and wiggly, like a snake." The second man disagreed. With his hand on the elephant's stomach he said, "No, an elephant must be like a wall, tall and strong." But the third man could not agree with his friends. "How can this be?" he asked, holding the animal's tail. "An elephant is thin and tough like a rope." From where they stood, who was right?

Agree to Disagree

Take a good look at these squiggles. What do you notice?
Turn them into something new and share with a friend what you saw.



These are not squiggles! I think they're _____.

I think this because _____

_____.

Do you agree?

Lesson Six

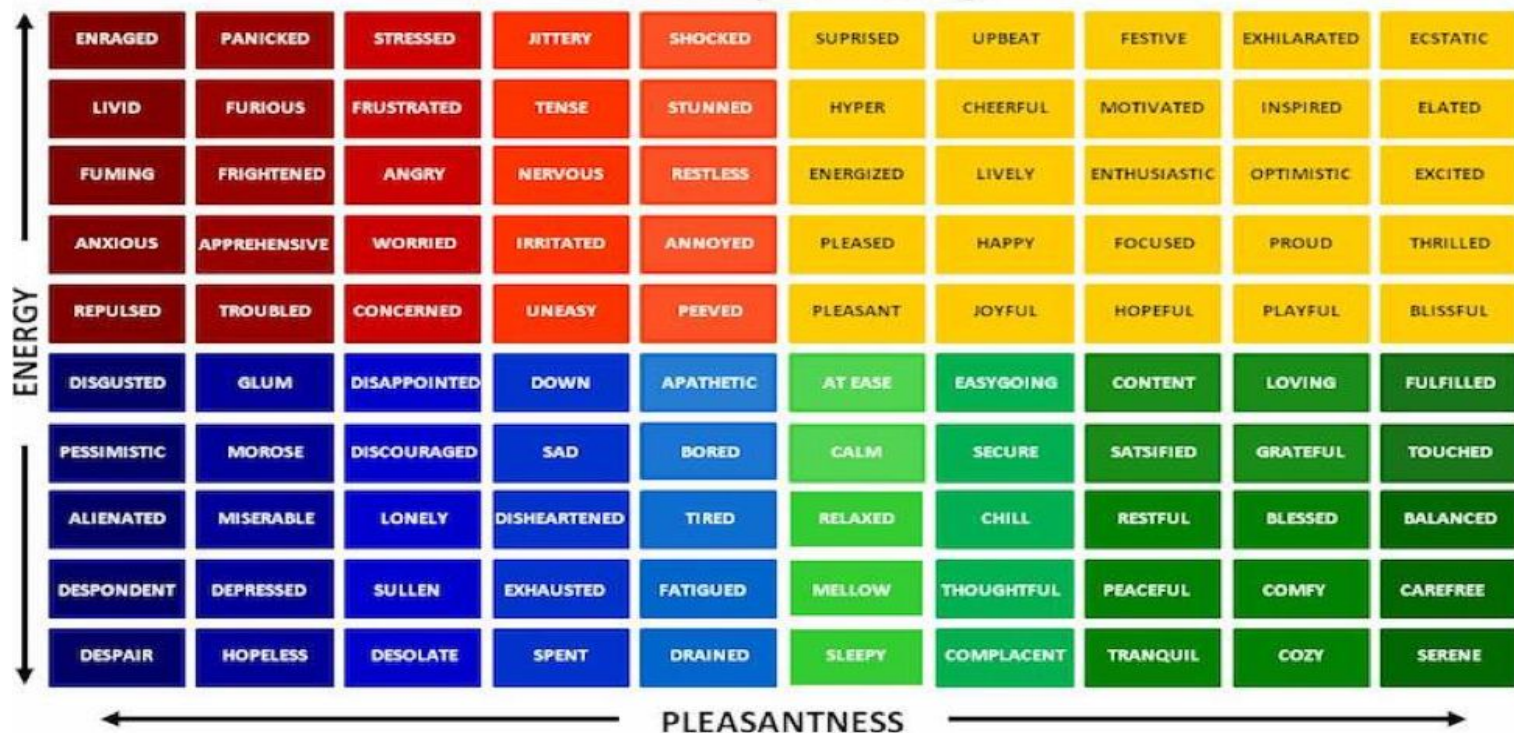
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Check in

MOOD METER

How are you feeling?



Social Emotional Journal



Journaling is a terrific way to express emotions in a safe way

My Social Emotional Learning Journal

Name: _____

Centervention.



All About Me

Date: _____

My baby photo

Paste your baby photo here

My full name is

My birthday is

I was born in (city, state)

Places I have lived

Where I've traveled

My family members

Someone I look up to is

My favorite family memories

All About Me - Memories


Date: _____

Directions:



- Make a copy of an important family photo.
- Paste it in the box.
- Write about what was happening in the photo and why it was important.



These are my FAVORITE things ever:



I like to read or listen to...





My name is:

If I could get **anything** as a gift, I would want...






Paste your photo here



My favorite place to visit is...

I like to do these activities:



My favorite things to talk about:



Name: _____

Kind Words

Fill in the thought bubbles with kind words about other people.



Keeping Calm

Date: _____

Something I can SEE that helps calm me down:

Something I can HEAR that helps calm me down:

Something I can SMELL that helps calm me down:

Something I can THINK ABOUT that helps calm me down:

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Lesson Seven

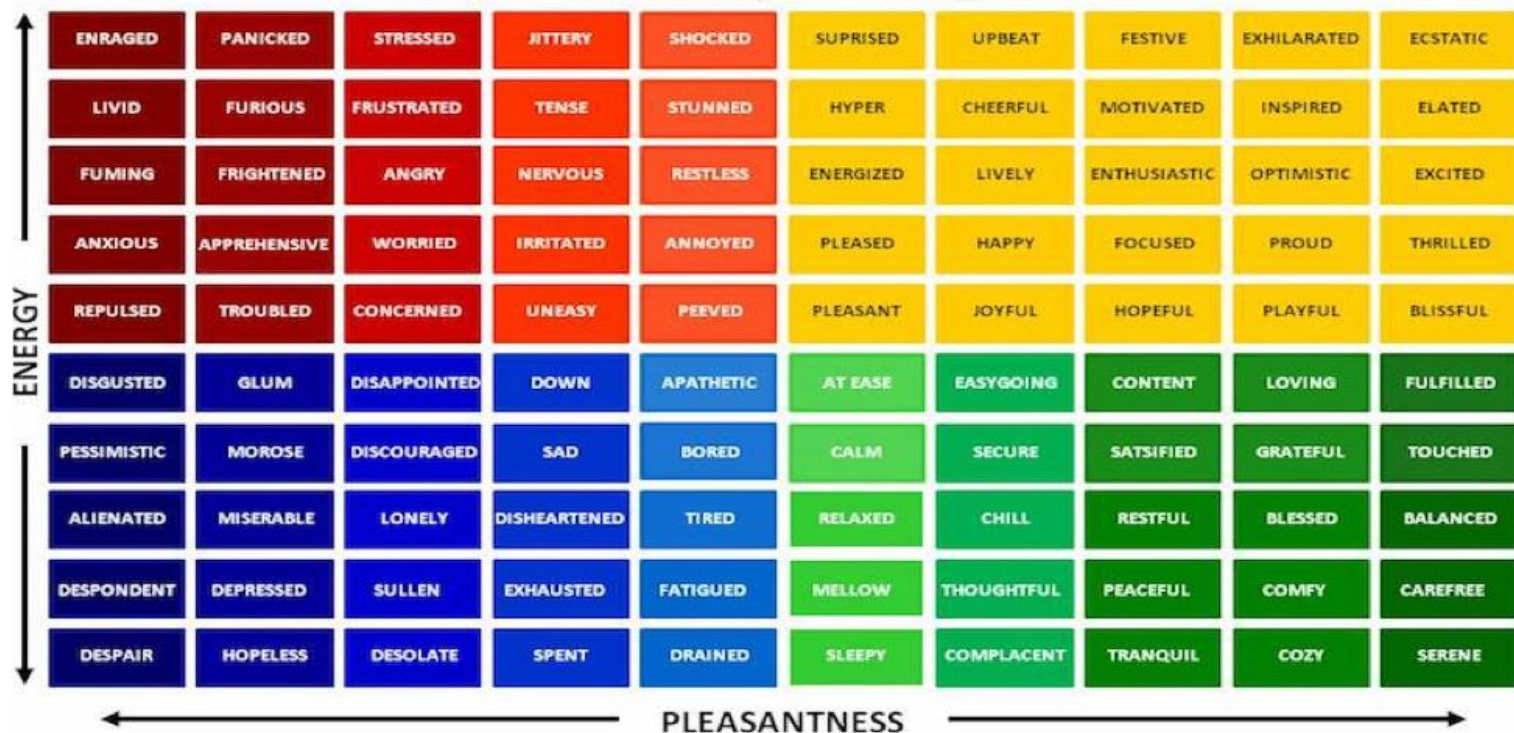
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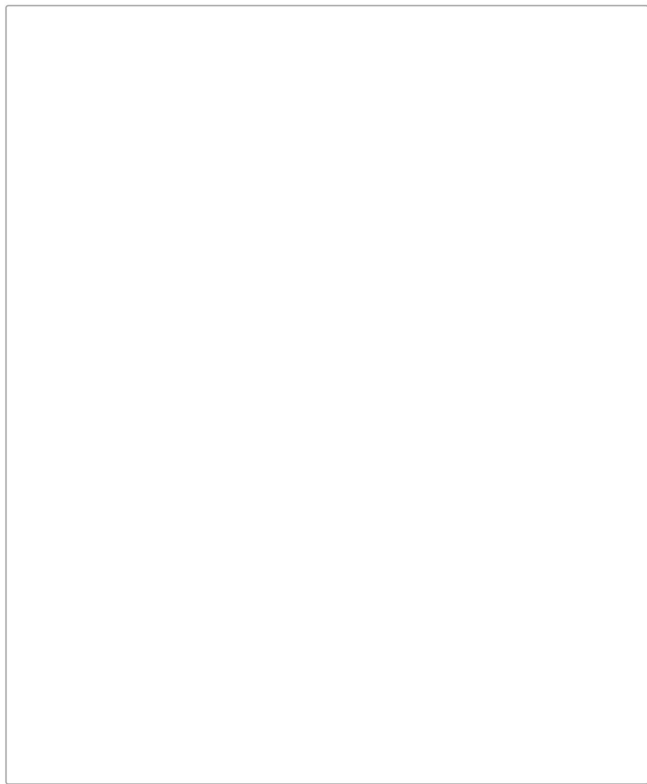
Check in

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How are you feeling?



Draw or paste a picture of
something that calms you down!

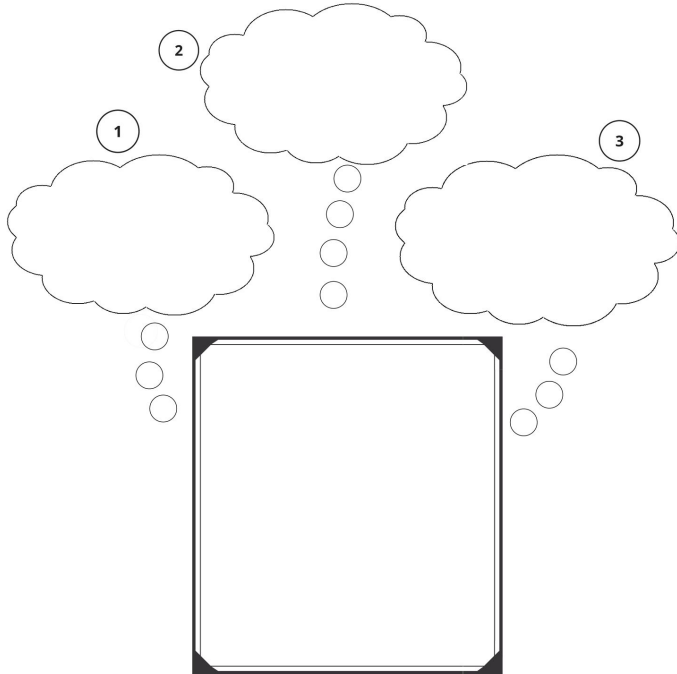


I Am

Date: _____

Directions:

- Draw yourself in the square at the bottom of the page.
- In each of the 3 bubbles, write something you believe about yourself.



I AM

Page 2

Directions: Write each belief from your bubbles and answer the questions about each belief.

1 Belief: _____

Why do you think this? _____

How often do you think this? _____

Has someone else described you this way? _____

2 Belief: _____

Why do you think this? _____

How often do you think this? _____

Has someone else described you this way? _____

3 Belief: _____

Why do you think this? _____

How often do you think this? _____

Has someone else described you this way? _____

I AM

Directions:

- Write encouraging notes to yourself.
- Cut them out.
- Tape them on your mirror to remind yourself each day how special you are!

I am...
CONFIDENT!

Today will
be a
great day!

I can...
be in charge of
my emotions!

I am...

I can...

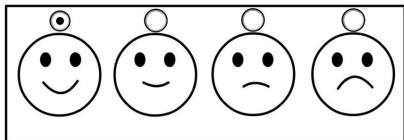
I am...

I can...

Name: _____

Feelings Check-In

How am I feeling?



My Favorite New Activity	I Really Miss
Inside:	1. _____
_____	_____
_____	2. _____
Outside:	_____
_____	3. _____
_____	_____
_____	_____

Things I'm looking forward to:

1. _____
2. _____
3. _____

Today I will do this because it brings me joy: _____

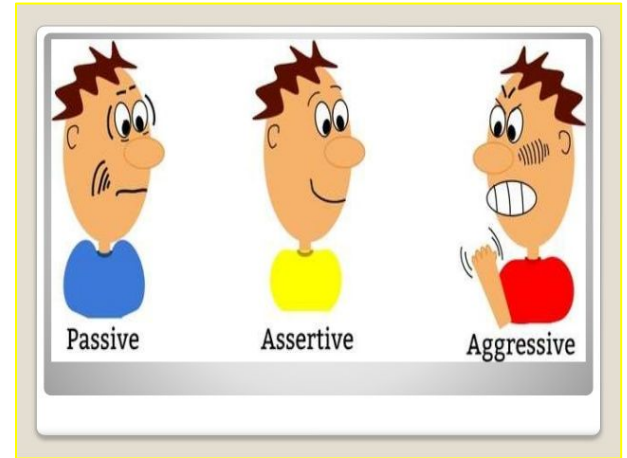
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-



Lesson Eight

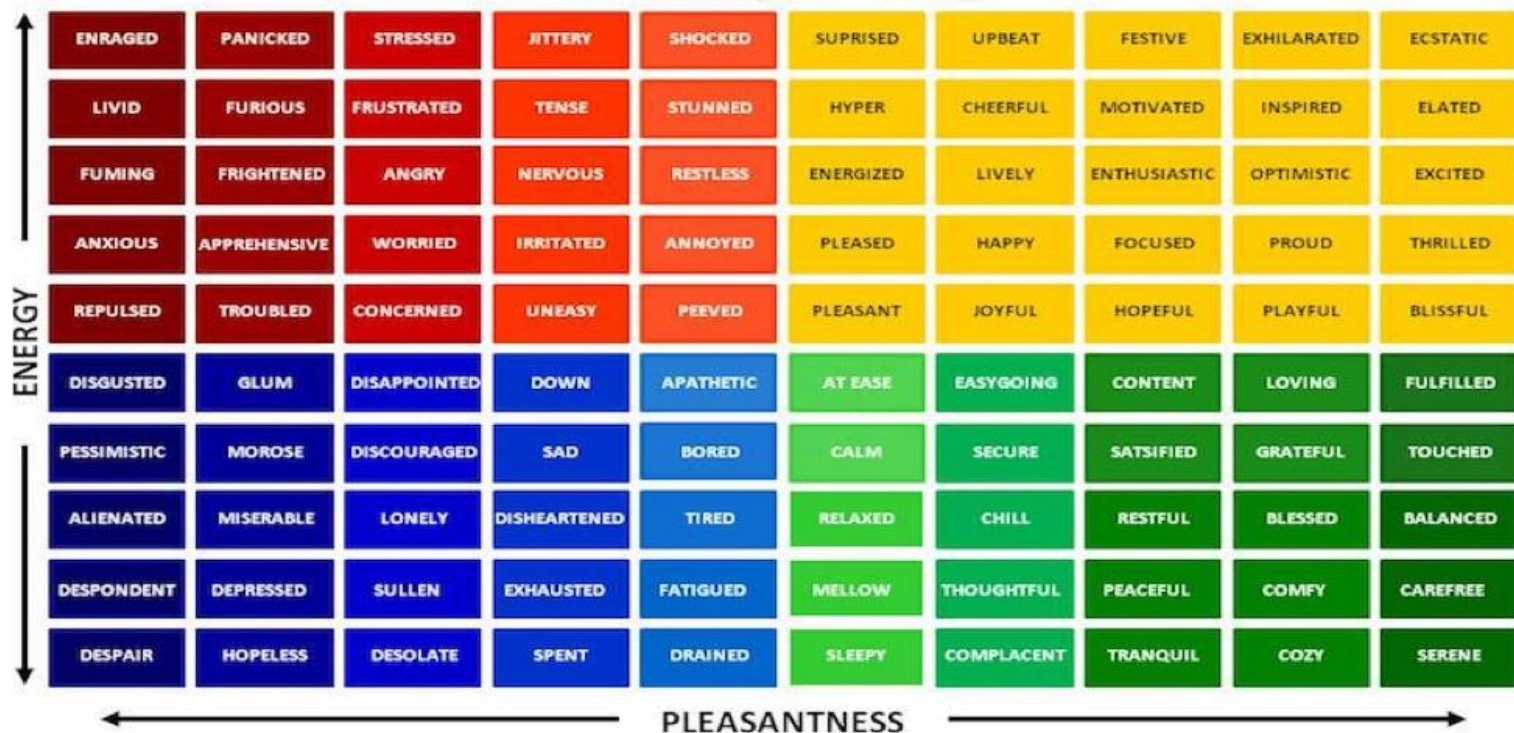
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Check in

MOOD METER

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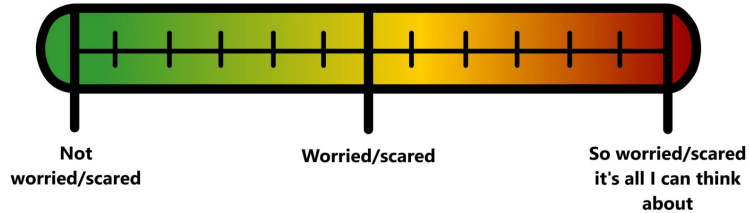
Name: _____

THE WORRY SCALE

Directions: In the space below, list a few things that you worried about or that you are fearful of.

- _____
- _____
- _____
- _____
- _____

Directions: Take a look at the scale below. Think about each of the things you listed above and where it falls for you on this scale.



Name: _____

Making My Own Luck

Write your goal in the shamrock below.



Name: _____

What three steps can I take to reach this goal?



First I will:



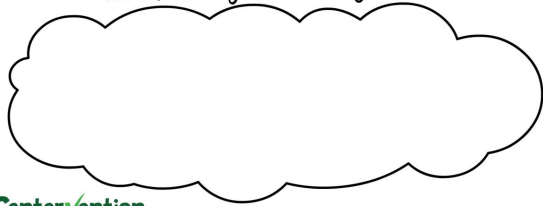
Next:




After That:



If I Get Discouraged, I Can Tell Myself:



Name: _____

 Making My Own Luck with Goal Setting 

My goal:

I will do this by:

1. _____

2. _____

3. _____

I will reach my goal by this date: _____

If obstacles get in my way, I will:

Reflections:

Did you reach your goal?

Yes-----> Awesome! Time to set your next goal.

No-----> What can you change about what you were doing above to reach your goal? Move the date for when you'd like to reach your goal and keep going!

Guided Mindfulness



References

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