**Expressing Anger Without Angry Behavior**

1. **Social and Emotional Health, 6th grade**
2. **Goals:**
   * + - 1. How to express anger without hurting themselves or other around them. Students will learn a method that they can walk through to help calm themselves down when they get angry and irrational.
3. **Objectives**

(a) Explain the difference between angry feelings and angry behavior

1. **Standards**

(a) Core Concepts

1. **Location and Activity Setup**

(a) For the entire lesson the students will be at their desks. The activities that they will be doing will be don't in a group and they will have be able to move around if they so choose but they do not have to.

1. **Teacher Preparation**

(a) We have found some great activities that we are going to use with the students in order to make sure that they know how to deal with their anger in a positive instead of hurting other or themselves. While there are many other emotions, in this lesson we are focusing on anger. We try and help them use I-messages in order to talk about their feelings instead of keeping them all bottled up. We are going to be giving them a method in order to help redirect their anger. For this we have come up with a short power point and some activities and scenarios to help the students to identify what a strong feeling or emotion is and how to deal with it.

1. **Procedures**

(a) review: what are the four basic emotions?

(b) What is anger?

(c) How do you know you are angry?

(d) Scenario

(e) Keep COOL

i) C- calm down

ii) O- observe your feelings

iii) O- observe what is happening

iv) L-listen and talk to someone about how they are making you feel

(f) Divide into groups and have them work out the scenarios

1. **Clean up**
   * + - 1. Have the students return to their seats and bring the papers back up to the front of the room.
2. **Terminating Statement**
   * + - 1. Now you have learned what the signs of losing your temper looks like and how to keep your cool.
3. **Home School Component** 
   * + - 1. Students will be sent home with an information handout and they will be able to go over it with their parents. It takes about the emotions and strong feelings we learned about and the use of I-messages when talking to someone about their feelings.