

Using Anger-Control Strategies

Suggested Role-Plays

- 1.** You find out that the class bully attacked one of your best friends during PE class. You are very upset and want to beat up the bully. Show how you would calm yourself before approaching the bully, and how you would confront the bully without using physical violence.
- 2.** Your teacher warns you not to pass notes during class, and then you earn a detention from the teacher for talking in class. You are mad and feel the teacher is picking on you. Show how you would express your frustration to the teacher.
- 3.** You just finished an art project that took you three weeks to complete. A classmate in the art room accidentally drops a can of pink paint, splattering you and your project. Your shirt is ruined and your art project has to be repaired. Show how you would control your anger and react calmly to the student who spilled the paint.
- 4.** Your brother broke the iPod that your parents gave you for your birthday. He laughs, tosses it at you and says “Oops.” Show how you would control your anger and deal with the situation.

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Think Sheet

Name _____ Date _____

What does self-control mean to you?

What makes you mad?

How can you tell when you are getting angry or starting to lose control?

Which of the following anger-control strategies do you think would be most helpful to you? Explain.

- Deep breathing and muscle relaxation
- Counting to ten
- Positive self-talk
- Journaling
- Taking a time-out (walking away or leaving a situation)
- Visualization (imagining a garden, forest or other peaceful scene)
- Other _____

How do you know when you have regained self-control?

How can the skill of **Using Anger-Control Strategies** help you in the classroom?

How can the skill of **Using Anger-Control Strategies** help you at home?

Using Anger-Control Strategies

- 1. Learn what situations cause you to lose control or make you angry.**
- 2. Monitor the feelings you have in stressful situations.**
- 3. Instruct yourself to breathe deeply and relax when stressful feelings begin to arise.**
- 4. Reword angry feelings so they can be expressed appropriately and calmly to others.**
- 5. Praise yourself for controlling emotional outbursts.**