

Anger Management Activity Guide Grade 6-12



Know Your Neuro

Brain Quiz!

1) The amygdala does a better job at _____ than the frontal lobe.

- A. thinking
- B. reacting
- C. problem-solving
- D. imagining future scenarios

2) We have a fully developed _____, but only a partially developed _____ by the time we're in middle school.

- A. accelerator, brake
- B. frontal lobe, amygdala
- C. amygdala, frontal lobe
- D. brake, accelerator
- E. A and C

3) When you are very angry or afraid, the frontal lobe

- A. shuts down and makes it difficult to think.
- B. shuts off and is highly active.
- C. turns on to rationally think.
- D. turns on to react impulsively.

4) Girls are more likely to use _____ when angry.

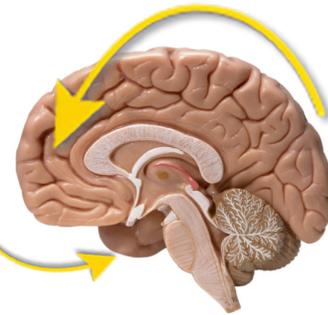
- A. physical aggression
- B. shoving
- C. pushing
- D. relational aggression

5) The _____ is the healthiest anger type. They use assertive language to express themselves. They do not blame and talk about things even when it's uncomfortable.

- A. The Confronter
- B. The Clam
- C. The Rocket
- D. The Avenger
- E. The Denier

AMYGDALA:
Emotional Response
(fear, anxiety, anger)

The Monitor



FRONTAL LOBE:
Impulse Control &
Rational Thinking

The Decision
Maker

Classroom Activities

Skill Set

Write down the top 10 anger management skills on separate sheets of paper and put them into a container. In groups of 3-5 students. Pick a skill from the container and create a skit that demonstrates a student becoming angry and utilizing the identified skill to manage the anger.

Brainstorm

In small groups or individually, brainstorm what situations generate the most angry feelings? How did you handle these situations? Which of the top 10 anger management skills will you utilize the next time you feel angry in that situation?

Time Out Strategies

The #1 anger management skill is taking a timeout. In groups of 3-5 students, each group will think of a scenario that generates angry feelings and discuss how to appropriately communicate taking a time out in that scenario. Share your scripts or create a skit in which your group will demonstrate:

- A. Assertively and politely asking for a timeout.
- B. Setting a specific time frame to discuss the issue.
- C. Taking a timeout if the other person refuses to allow it or back down.
- D. Using I statements to express feelings after the timeout.

Create Your Graph

Create your own anger graph like the one to the right. Use your own terms to explore your own different anger levels and anger management tools.

