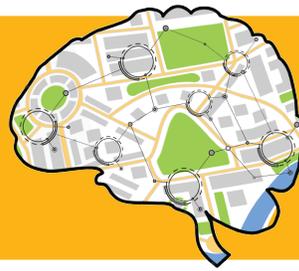


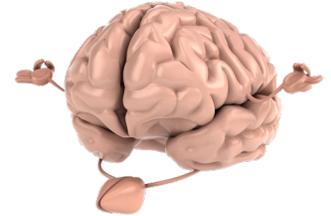
Anger Management Skills Activity Guide Grade 3-5



Know Your Neuro

Quiz Questions

1. What part of the brain is in charge of our angry emotions? **Answer:** The amygdala, at the base of our limbic system (the accelerator).
2. What part of the brain controls our emotional responses including our anger? **Answer:** The frontal lobe, otherwise known as our 'brakes'.
3. How can anger affect the body? **Answer:** Emotions like anger can cause increased heart rate, sweating, shortness of breath, butterfly or sick sensations in the stomach, and tightness in different parts of the body.
4. Why is it hard to control anger when you are younger? **Answer:** The ability to control emotions like anger happens in our frontal lobe which is not fully developed until the age of 25, but we can practice anger management skills and grow more neurons in our frontal lobe for that skill as we grow.
5. What is anger management? **Answer:** Anger management is a skill that gives us the ability to think about our emotional responses, practice calming down, and behave in more mature ways when we are angry.
6. What is an anger style? **Answer:** An anger style is your own individual way of being and handling anger.



Classroom Activities

Brainstorm Situations

Ask students to divide into pairs or small groups. Ask them to identify situations that are the most difficult to manage anger in. Challenge them to discuss why and what the obstacles are.

Brainstorm Tools

Keep students in the same pairs or groups as above, or do this activity as a whole class. Give students two minutes to think of as many tools to manage anger as they can. Discuss the pros and cons of each. Describe the best places or scenarios to use each anger management tool and why.

Create Your Anger Graph

Ask students to get a blank sheet of paper and markers or crayons. Instruct them to create their own anger graph using terms that describe their five different levels of anger responses and the corresponding anger management tool. Use the graph below as an example.

Students could start with words like 'irritated' all the way to 'furious' with tools that include 'deep breathing' all the way to 'taking a time out' or 'hitting a pillow'. Ask them to brainstorm for words that describe different degrees of anger to increase their angry feeling vocabulary. Use a feeling wheel to get ideas.



Discussion Questions

- On a scale of 1-10, 10 being the best, rate your anger management skills.
- What situations or people trigger your anger? Why?
- How does lack of sleep or food affect your anger management skills?
- When have you reacted out of anger and got in trouble for it?
- What is your favorite technique for managing your anger?
- What are unhealthy ways to get angry feelings out of your body? What are healthy ways to manage your anger?
- Who can you go to for help when you are angry? How do they help you manage your angry feelings?
- What is a time out? Do you ever take them? How can you ask for a time out when you are angry?