

STUDENT WORKSHOP: HANDLING YOUR ANGER



#3520

OPEN-CAPTIONED
SUNBURST COMMUNICATIONS
1997

Grade Levels: 6-10

32 minutes

3 Instructional Graphics Enclosed

DESCRIPTION

Uses a TV format to explore anger, a normal human emotion. Dramatized situations teach teenagers how to recognize anger triggers and cues, how to identify anger styles and possible consequences, and how to choose appropriate techniques for expressing and handling anger. Pauses between sections for discussion; concludes with review.

ACADEMIC STANDARDS

Subject Area: Working With Others

- Standard: Uses conflict-resolution techniques
 - Benchmark: Communicates ideas in a manner that does not irritate others (See Instructional Goal #1)
 - Benchmark: Determines the causes of conflicts (See Instructional Goal #2)
 - Benchmark: Identifies an explicit strategy to deal with conflict (See Instructional Goals #3 and #4)

INSTRUCTIONAL GOALS

1. To identify anger as a normal human feeling.
2. To observe what triggers anger.
3. To illustrate effective ways to express anger.
4. To emphasize effective ways to respond to someone else's anger.

VOCABULARY

1. anger cues
2. anger styles
3. anger triggers
4. ballistic
5. channeled
6. confidence
7. consequence
8. constructively
9. instinct
10. reactions
11. responsibility
12. symptoms
13. wisecracks

BEFORE SHOWING

1. Discuss what it means to become angry and identify anger warning signs.
2. List ways people handle anger appropriately and inappropriately.
3. Watch the characters in the video for techniques used to handle anger.
4. Explain that the video has three sections and a wrap-up, interspersed with opportunities to discuss the content of each.

DURING SHOWING

Discussion Items and Questions

1. View the video more than once, with one showing uninterrupted.
2. Pause at the breaks in the video and discuss the questions presented.
3. Complete a worksheet illustrating the content of each segment of the video. (See INSTRUCTIONAL GRAPHICS.)

Part One: Anger Triggers and Anger Cues

1. Discuss whether everyone feels angry about the same thing.
2. Recall what happened when Sean became angry about Carl's wisecracks.
3. Complete the worksheet "What Makes You Angry?" (See INSTRUCTIONAL GRAPHICS.)

Part Two: Anger Styles and Consequences

1. What was the consequence of Carl and Sean's fight?
2. Recall how Vanessa reacted to Aimee and Maria.
3. Discuss what happened to Matt when he ignored his anger.
4. Complete the worksheet "What's Your Anger Style?" (See INSTRUCTIONAL GRAPHICS.)

Part Three: Dealing With Anger/The Real Mad World

1. Determine the technique Vanessa used to work out her anger and its significance.
2. Discuss what happened when Sean changed his own reaction to his anger at Carl.
3. Recall how Matt's honesty about his feelings changed the situation.
4. Discuss why Tony was so angry with Aimee.
5. Decide whether Aimee or Tony had the better solution to the problem.
6. Complete the worksheet "Handling Someone Else's Anger." (See INSTRUCTIONAL GRAPHICS.)

AFTER SHOWING

Discussion Items and Questions

1. Discuss the meaning of *anger triggers* and *anger cues*.
2. List anger styles and their consequences.
3. Discuss consequences of angry behavior and suggest alternatives.
4. What are effective ways to control one's anger?
5. Discuss the importance of allowing time between feeling angry and starting to take action.
6. List possible options for practicing self-talk.
7. Discuss the steps used in dealing with someone else's anger.

Applications and Activities

1. Write corresponding adjectives to describe feelings in the following situations:
 - a. A friend fails to save a promised seat in a movie.
 - b. One fails to complete a homework assignment and then is called on first in class.
 - c. After studying together, a good friend scores higher on a test.
 - d. At the last minute, a parent is unable to attend one's game.
 - e. A visiting relative damages a favorite possession.

- f. One is named winner of the school writing contest.
 - g. The VCR shredded a friend's loaned video.
 - h. One is home alone during a power outage.
2. People react to various situations by showing embarrassment, frustration, isolation or anger.
 - a. List related situations that provoke these feelings.
 - b. Write a story about one.
 - c. Describe personal feelings.
 - d. List possible solutions.
3. Vary the following role-play situations that can easily trigger anger by acting it out, displacing it, and ignoring it.
 - a. A friend continues to talk in a movie and ruins it for one and others nearby. The usher asks everyone in the group to leave.
 - b. A cousin ruins a valued book that had been loaned with a warning to be careful with it.
 - c. One's friend does not give the suggested present for one's birthday.
4. List the steps used in dealing with one's own angry feelings and with someone else's anger.
5. Talking to an adult about one's anger can be beneficial.
 - a. Describe what caused the anger.
 - b. Explain to whom one spoke.
 - c. Discuss the outcomes.
6. Sometimes anger gives people energy to improve the situation.
 - a. Write a story about anger at a friend.
 - b. Explain what caused the anger.
 - c. Describe how the anger was handled.
 - d. Explain the outcome.
7. Create an anger rap, song, or poem.

INSTRUCTIONAL GRAPHICS

- WHAT MAKES YOU ANGRY?
- WHAT'S YOUR ANGER STYLE?
- HANDLING SOMEONE ELSE'S ANGER

RELATED RESOURCES

Captioned Media Program

- Accident, The #1942
- Anger: Handle With Care #1836

World Wide Web

The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and "kid-safe" sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

- DEALING WITH ANGER <http://kidshealth.org/kid/feeling/anger.html>

Provides information for various age groups about anger triggers, cues and handling anger. Offers support for teachers, parents and teens.

- THE TEASING TEEN <http://home.istar.ca/~integra/tipserie.htm#teasing>

Provides descriptions and suggestions for both parents and teens to eliminate teasing in the teenage years.

- VIOLENCE <http://search.yahooligans.com/search/ligans?p=violence>

Addresses school violence: guns, assault, the Colorado tragedy and offers tips to stop or prevent violence.

- GETTING YOUR ANGRIES OUT
<http://members.aol.com/AngriesOut/index.htm>

Offers information for processing anger, therapeutic activities and advice for both kids and adults. Also has a comprehensive Favorite Links list.

- HELPING <http://helping.apa.org/sitemap.html>

American Psychologist's Association offers several hot links providing information about anger, anxiety, stress and violence.

What Makes You Angry?

Directions: What triggers your anger? For each example below, write the letter that best describes how YOU would feel in the same situation.



A. Not at all angry



B. Somewhat angry



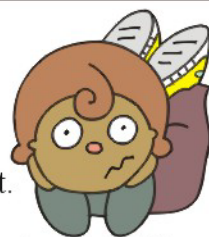
C. Very angry

- _____ You have the highest average on the social studies tests, but when report cards are handed out, the teacher gives someone else a higher grade than you do because he participates in class more than you do.
- _____ Your brother bumps your arm while you reach for something at the dinner table, and you knock over a pitcher. The pitcher breaks and you get blamed.
- _____ Your best friend has a secret that she tells to two other friends but not to you.
- _____ A classmate spills juice on your homework and the teacher says it's too sloppy to hand in.
- _____ One of your friends is so bossy that she insists on telling you whom to invite to *your* birthday party.
- _____ A kid in the park insults your best friend.
- _____ Someone in your class spreads a rumor about you.
- _____ Your older sister keeps interrupting you when you're trying to tell your mom something.
- _____ You tell a friend a secret and then learn he has told it to others.
- _____ You let your brother borrow your new digital watch, and the next day he doesn't let you use his video game.
- _____ At the pizza place, you have to wait ten minutes before your order is taken because the man behind the counter has served two people who came in after you.
- _____ You're crossing the street and a car honks at you as if you've done something wrong, but you have the right of way.

THINK ABOUT IT: WHAT MAKES YOU ANGRY?

- 1.
- 2.
- 3.

What's Your Anger Style?



Directions: Imagine yourself in each of the following situations.
Circle the response that best matches how you might react.

On a visit to your cousin's, your older sister and cousin are playing a card game. When your cousin asks you to play, your sister says you don't play this game very well. You:

- A. Scream at your sister, calling her a fool.**
- B. Go into the room where your little brother is watching TV and change the channel without asking.**
- C. Go into another room and look for something to do.**
- D. Take your sister aside and tell her that what she said hurt your feelings.**

The basketball championships are on TV on Saturday afternoon when you usually do your chores. You ask your mom if you can skip your chores this week so you can watch the game. She tells you, "No, the chores must be done." You:

- A. Blow up at your mom, and tell her you'll be the only kid in your class who misses the game.**
- B. Kick your sister's bike as you take out the garbage.**
- C. Try to forget about the game.**
- D. Ask your mom if you can do the chores after the game.**

You are wearing an outfit to school for the first time. At lunch, your friend throws some food at another kid across the table. It gets on your outfit and you know the stain won't come out. You:

- A. Spill juice on your friend's shirt.**
- B. Storm out of the lunchroom and knock over a younger kid's milk on purpose.**
- C. Quietly clean the stain off as best you can.**
- D. Take time to calm down, and then after lunch tell your friend that her carelessness and bad judgment ruined your outfit.**

During your solo acting performance, you forget a few lines. After the play some kids make fun of your performance. Among them is your best friend. You:

- A. Kick your friend's costume and it goes flying.**
- B. Make fun of a beginner who didn't have a solo.**
- C. Walk away and try to forget about the whole thing.**
- D. Wait until the other kids have left, then tell your friend how bad he made you feel.**



(Continue on the next page)

What's Your Anger Style?

You invite your friend to the movies. He says he can't come because he has to go somewhere with his mom. You go to the movies anyway and see your friend there with another kid. You:

- A. Go up to your friend, call him a liar, and say you never want to see him again.
- B. Gesture, make noise and loud comments all through the movie.
- C. Decide not to say anything about it to your friend and try to forget the whole thing.
- D. Call your friend later on and ask for an explanation.



Jane shows up at Keesha's party wearing the same sweater as you. Jane was with you when you bought it and knew you'd be wearing it to the party. You:

- A. Blow up at Jane and tell her she's not your friend.
- B. Snap at Keesha when she tells you how nice you look.
- C. Try to hide how upset you are and go on with the evening.
- D. Take a few deep breaths, then tell Jane you're embarrassed and ask why she wore the same sweater.

Directions: Count the number of times you selected each letter.
Write the number on the line next to each letter.



- | | | |
|-----|-------|--|
| A's | _____ | ACT OUT YOUR ANGER |
| B's | _____ | DISPLACE YOUR ANGER |
| C's | _____ | IGNORE YOUR ANGER, OR KEEP IT BOTTLED UP |
| D's | _____ | TRY TO SOLVE THE PROBLEM |

The letter picked most indicates how you usually react when you get angry. This is your "Anger Style." If you picked mostly:

- A's:** You explode when you are angry. You need to learn to calm down and think of effective ways to express your anger.
- B's:** You tend to take out your anger on someone else. You need to learn to express your anger to the person who makes you angry.
- C's:** You have trouble expressing your anger, or you ignore it. You need to learn to accept and deal with your angry feelings to make yourself feel better.
- D's:** You know that handling your anger and then trying to solve the problem is the best way to deal with your angry feelings.

Handling Someone Else's Anger

Directions: Now think about how to handle another person's anger. After you have written your answers, share them with your classmates to see what they had written.



Jake lets Ellen borrow his portable CD player. When she returns it, one of the speakers is out. Jake is so angry that he breaks Ellen's CD in half and calls her an idiot. What can Ellen do?



At the school dance, Jonathan is sitting alone. When Jonathan's best friend Matthew walks in, a group of kids invite Matthew to sit with them. Matthew does and pretends not to notice that Jonathan is sitting by himself. That evening Jonathan calls Matthew and calmly tells him that he feels hurt and angry that Matthew ignored him. What can Matthew do?



Allison has started oil painting in Art. She wants to set up an easel in her bedroom, but her mother says she can't because she will splatter and drip paint. Later, Allison knocks over the puzzle her younger brother has been working on for a week. What can Allison's brother do?



Carlos plays baseball. He asks his friends to watch him play, but they arrive late and miss his home run. Carlos is hurt and angry, but he pretends not to care. What can Carlos' friends do?



**PLEASE RETURN LESSON GUIDE
WITH VIDEO**

**Lesson guide also available
online at *www.cfv.org***

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