

Sensing Anger Early, What Makes You Mad? and Managing Anger

ACTIVITY BOOK PAGES: 14, 15, 16



Officer Script

Hi Kids! It's great to be here today

How many of you have ever lost your favorite toy? Or someone took your toy? Raise your hands.

You probably felt upset and angry.

Today we're going to talk about how your body feels when you start to get angry or mad and what makes you angry. And, we will talk about how to fix that anger feeling.

Anger is a feeling that everyone gets. Anger does not feel good, but it can be managed when you understand what's happening to your brain and body.

You may feel angry when you are hurt or scared or when you think something isn't fair.

Let's talk about some things that might make you angry or mad...

- Maybe you didn't get to watch TV or play video games
- Or you couldn't play outside with your friends
- Maybe someone took the book you wanted to read
- Maybe your favorite toy broke

Other kids might say things that make you angry or mad:

- They call you a bad name
- or, They tease you about your hair or clothes

Everyone feels angry sometimes, it is not a bad thing! Teachers, police officers, adults, kids... and even Rocket can feel angry! While anger doesn't feel good, if you can recognize it when it first starts, you can manage it and get back to feeling happy and calm.

Your body can feel or sense anger early.

Follow what I do to help you remember what your body feels like when you start to get angry or mad.

Your face may start to feel hot. (Touch cheek/face)

Your heart may beat faster. (Use hand to "pump" on chest as if heart is beating quickly)

Your breathing may get faster. (Put hand in front of mouth while breathing quickly)

Your hands may make a fist. (Show hands in a fist at your side)

You may feel like yelling!

To make sure these feelings do not get worse...

Rocket has coping tools that can help you manage that feeling...and help you get "happy and calm".

–**You can blow bubbles or take deep breaths.** Let's pretend we are blowing bubbles. (Hold up an imaginary bubble wand and pretend to blow bubbles) That's a good one if you are somewhere like your backyard where it is ok to blow bubbles! Or you can just pretend as that is OK too!

–If you are in a classroom, you can always take deep breaths. Take a few with me! (Exaggerate breathing in heavily, hold up fingers to count to 3, then breathe out slowly, holding fingers up to count to 3).

–**You could also squeeze each of your fingers for 3 seconds each.**

This is one of my favorite ones because you can do it anywhere! Try it with me... ready? SQUEEZE two three SQUEEZE two three... (Count while squeezing each finger on each hand.)

You could take a walk outdoors or around the playground. Has anyone ever taken a quiet walk outside and just looked at the trees and plants? (Raise your hand. Respond to students)

– Have you ever just closed your eyes to feel the wind, sun, or even rain on your face?

–How does it make you feel? (Call on a few students) I know Rocket and I were talking about how we always feel so calm after a nice quiet walk outdoors.

–Another one of Rocket’s favorite strategies is to draw something that makes him feel happy. You could do that too!

These tools can help you every day...at home, at school, and in your neighborhood... Remember, if you still feel anger after trying these tools, make sure you talk to an adult you trust..and share your feelings. They can help you feel better.

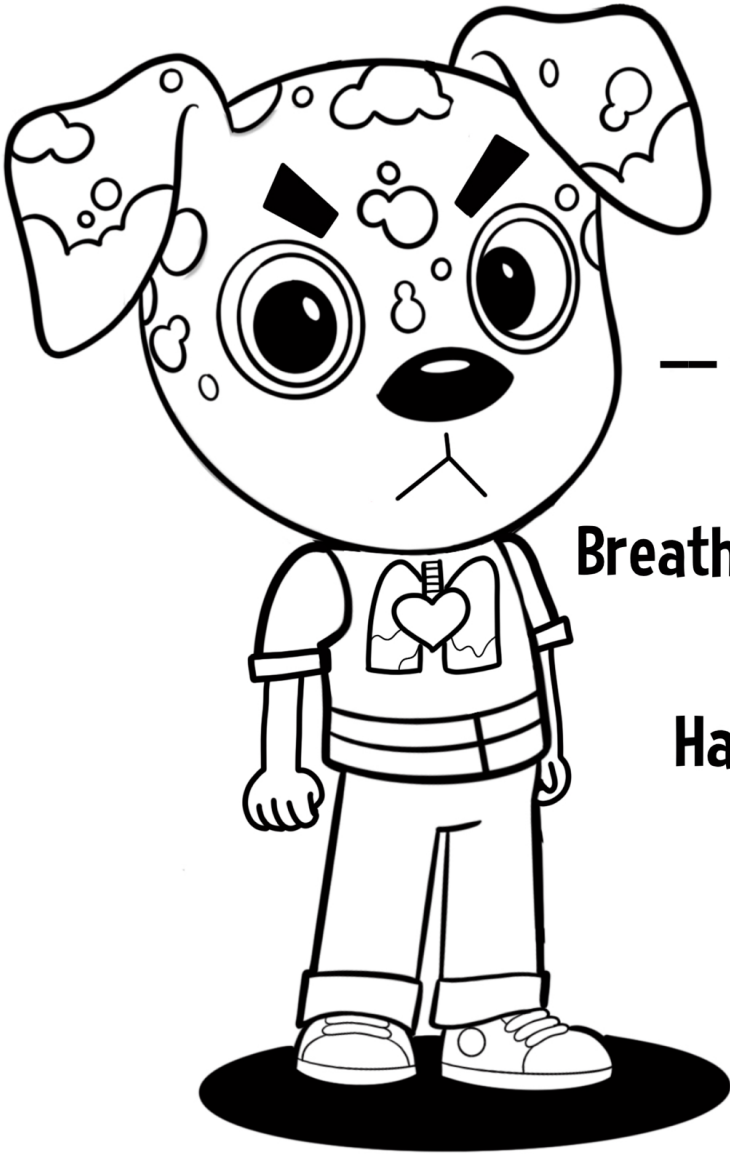
We learned a lot today. Everyone feels angry sometimes. If we recognize our anger early, we have some great tools to help.

Now let’s review, what are some coping tools you can use to keep calm when angry? Raise your hand and tell me some tools we just learned. *[Listen for taking deep breaths, squeezing fingers, taking a safe walk, closing your eyes, drawing...and validating other good ideas]* Anyone have any other tools that work for them?

It was great talking with you today...you’ve been great listeners... have a great happy day! See you soon.

SENSING ANGER EARLY

You can sense anger with your body. If you can sense anger coming early, you can get back to happy or calm more quickly!



Face may feel _____.

_____ may beat faster.

Breathing may get _____.

Hands may make a _____.

WORD BANK

fist	faster
heart	hot

Fill in the blanks using the words in the word bank.

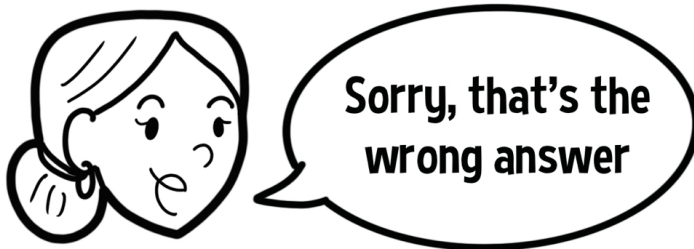
Then, color this page.

WHAT MAKES YOU MAD

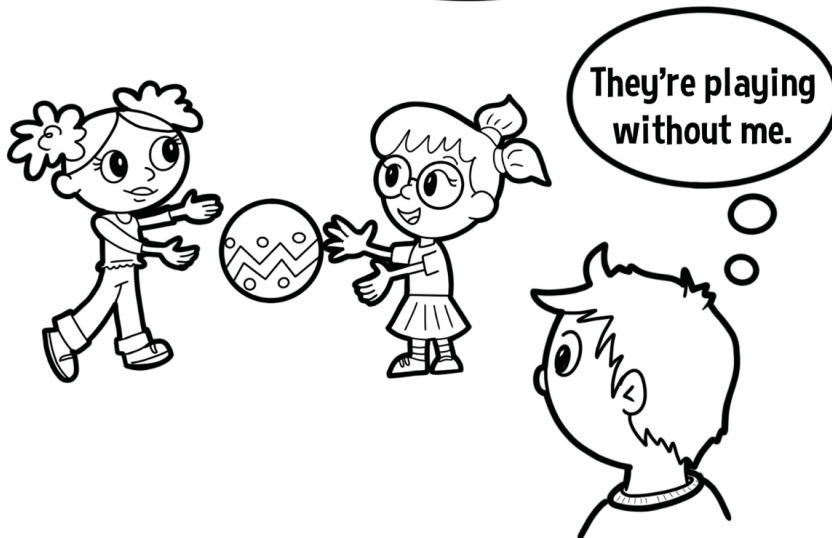
Different situations may make you mad. Whatever your feeling is, it's ok!
Knowing what makes you feel angry helps you manage that feeling.



Mad **Not Mad**



Mad **Not Mad**



Mad **Not Mad**



Mad **Not Mad**

Think about how the situation would make you feel. Circle Mad or Not Mad.
Then, color these pictures.

MANAGING ANGER

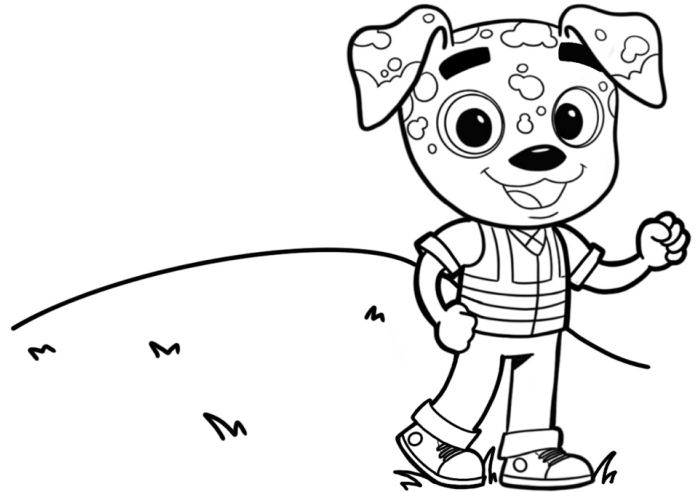
When you feel you are becoming angry, there are things you can do to manage your anger without hurting anyone or making bad decisions.

Blow bubbles or take deep breaths.



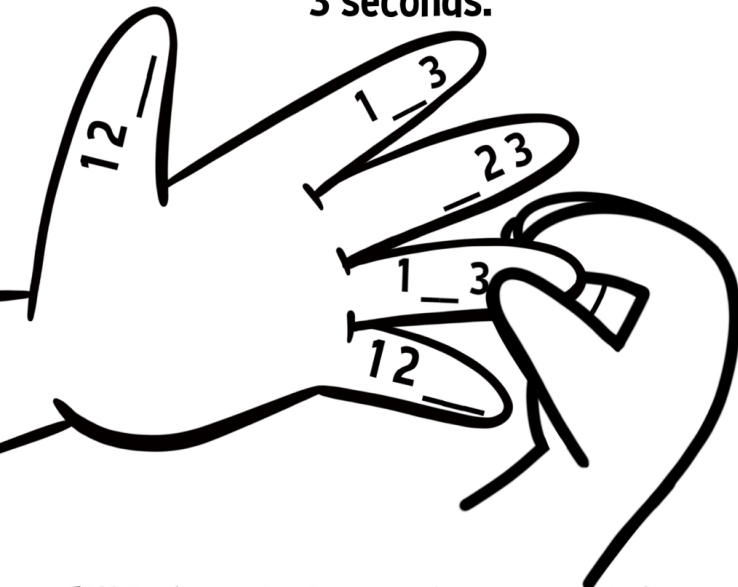
Draw 3 bubbles.

Take a walk outdoors.

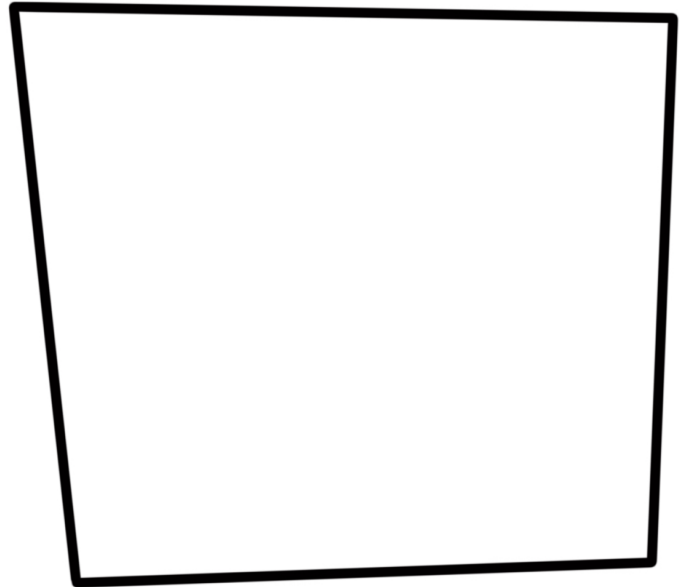


Color Rocket taking a walk.

Squeeze each of your fingers for 3 seconds.



Fill in the missing numbers on each finger. Write or draw something you are thankful for.





Congratulations!



For Completing the lesson

Sensing Anger Early, What Makes you Mad,

3 Managing Anger



You're a Rocket Finding Feelings

Super Star!

Instructor signature _____

Signature **Rocket** 

Date _____