

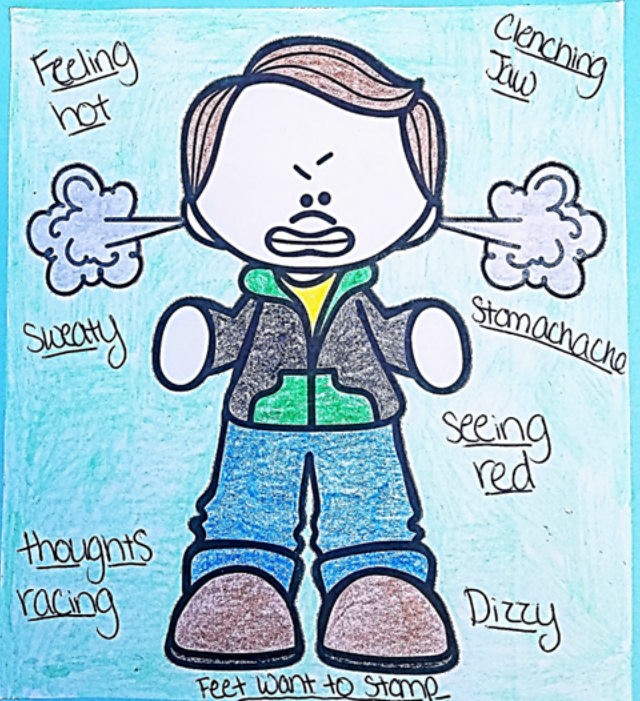
CALM DOWN STRATEGIES

Ten-Week INTERACTIVE BOOK

Boy's Group



My Anger Feels Like...



created by:

Mrs. Bell + Bryce

Ten weeks of lessons, activities, and strategies you can use to teach students calming strategies and coping skills needed for self control and emotional regulation.

My Triggers

My causes of ANGER

- People taking my turn
- mean people
- stealing
- Homework I don't understand
- getting in trouble
- getting yelled at

Who Has Control?

of something you angry.

don't

Is this in your control or out of your control?

In My Control

Out of My Control

Why?

I cannot make someone listen

In My Control or Out of My Control?

In My Control or Out of My Control?

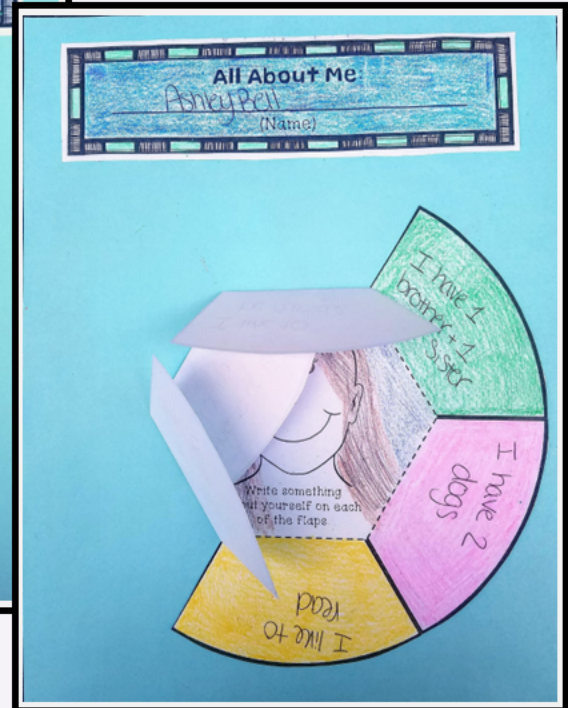
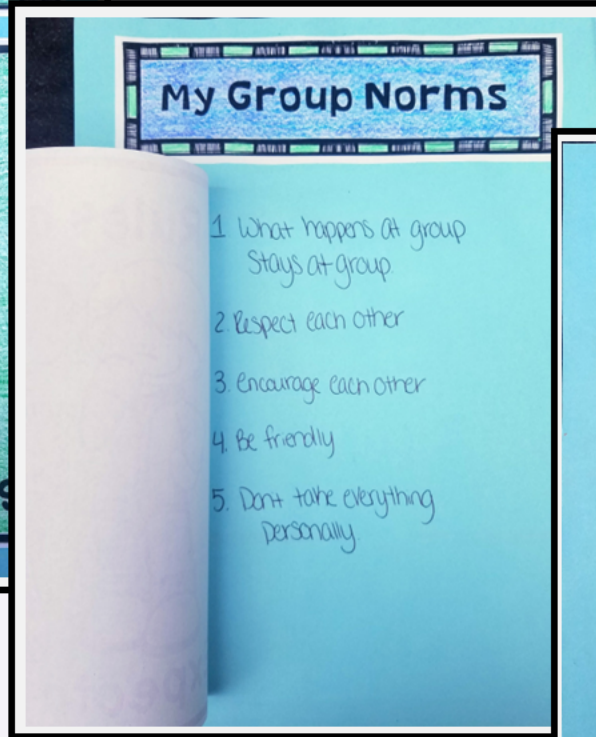
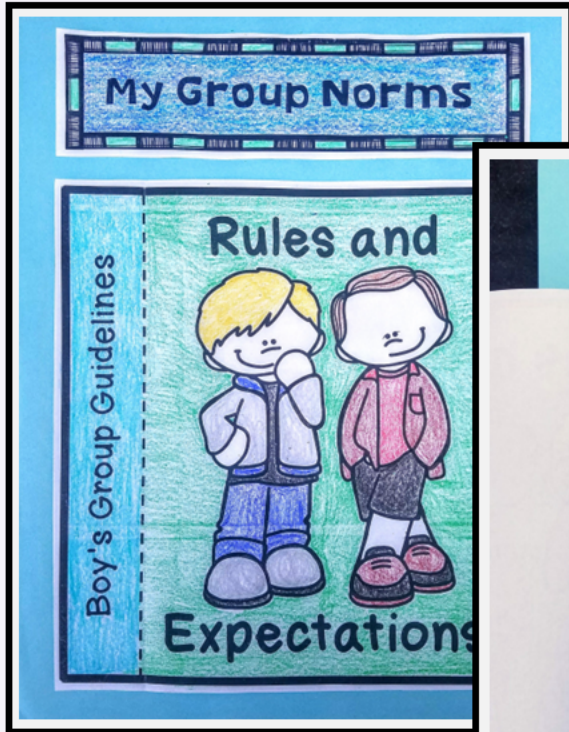
My Anger

draw your anger

All About Me

LESSON #1:

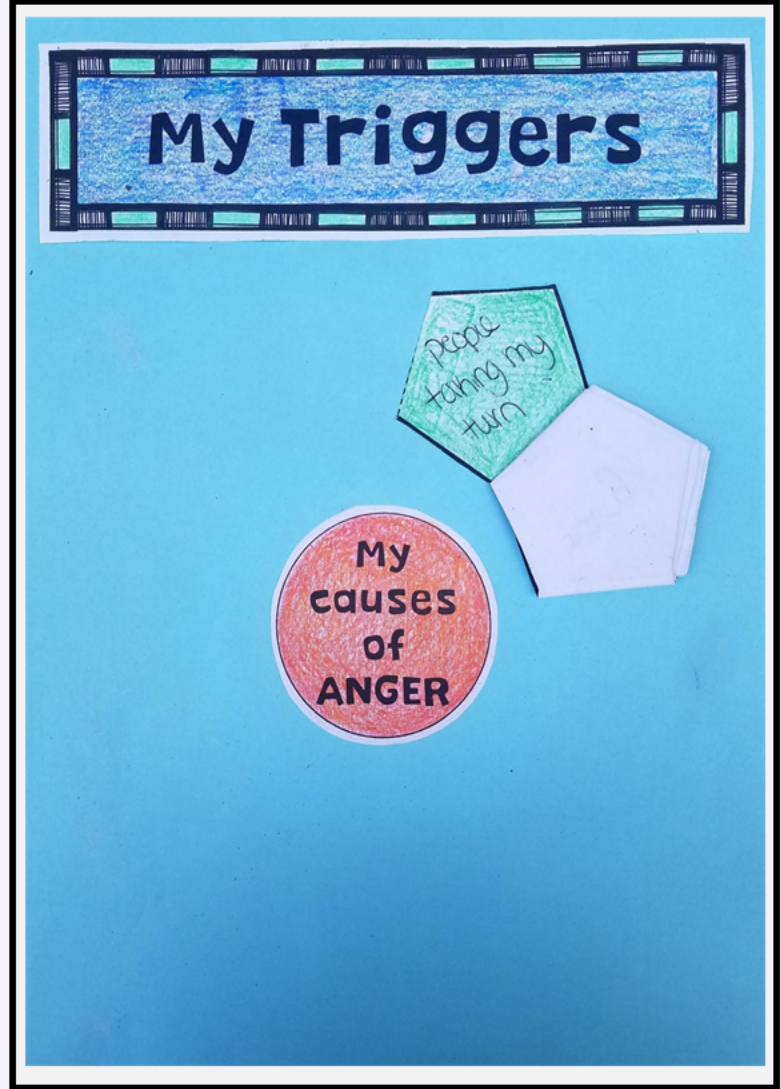
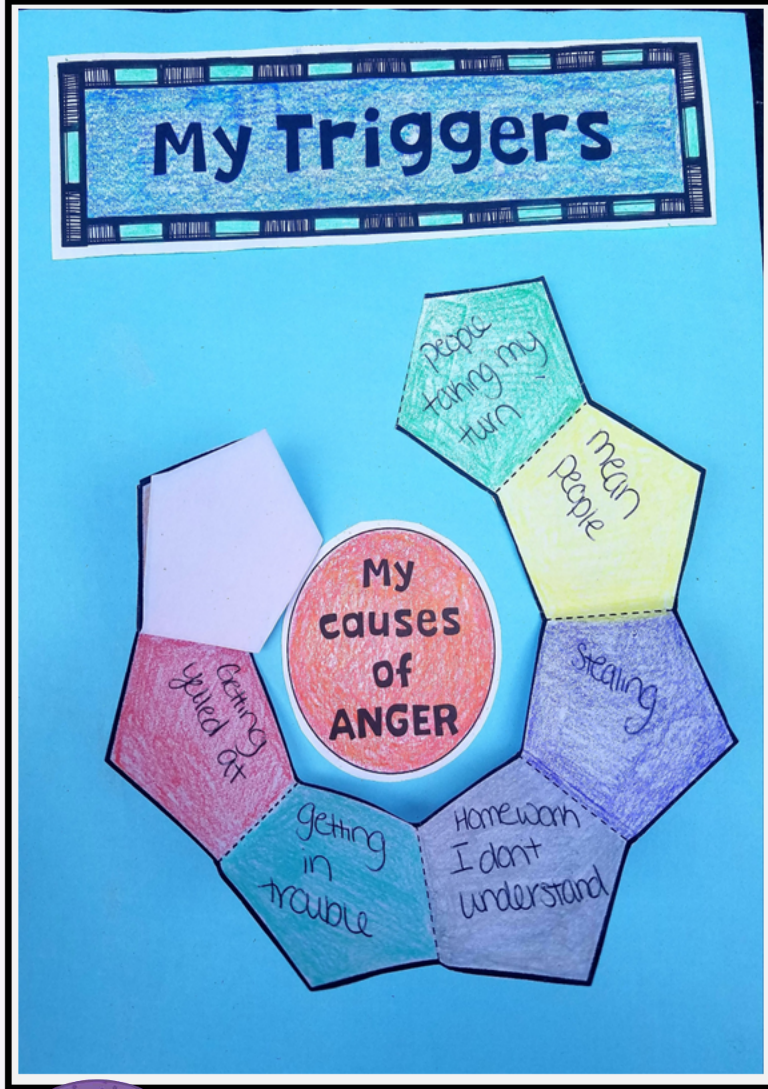
Lesson Outline, Cover Page, Group Norms, "All About Me" Activity



Establish group norms and provide group members time to become comfortable with one another.

LESSON #2:

Lesson Outline,
Anger Triggers Posters,
My Triggers Activity

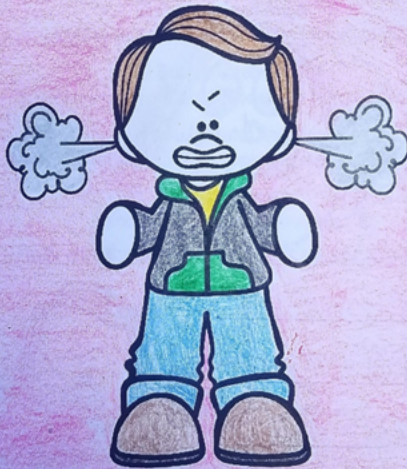


Help students identify the triggers to their anger.

LESSON #3: Lesson Outline, Anger Types Posters, "What Type of Anger Do I Have?" Activity

My Anger

What Type of Anger



Do I Have?

My Anger

Draw your anger



Which anger type best describes your anger?

- Chronic Anger**
prolonged and feel uncontrollable
- Passive Anger**
doesn't always come across as anger and can be difficult to identify
- Overwhelmed Anger**
caused by life demands that are too much to cope with
- Self-Inflicted Anger**
directed toward the self and may be caused by feelings of guilt
- Judgmental Anger**
directed toward others and may come with feelings of resentment
- Volatile Anger**
comes with excessive or violent anger

How does your anger feel? Describe it.

It makes me feel hot and out of control.



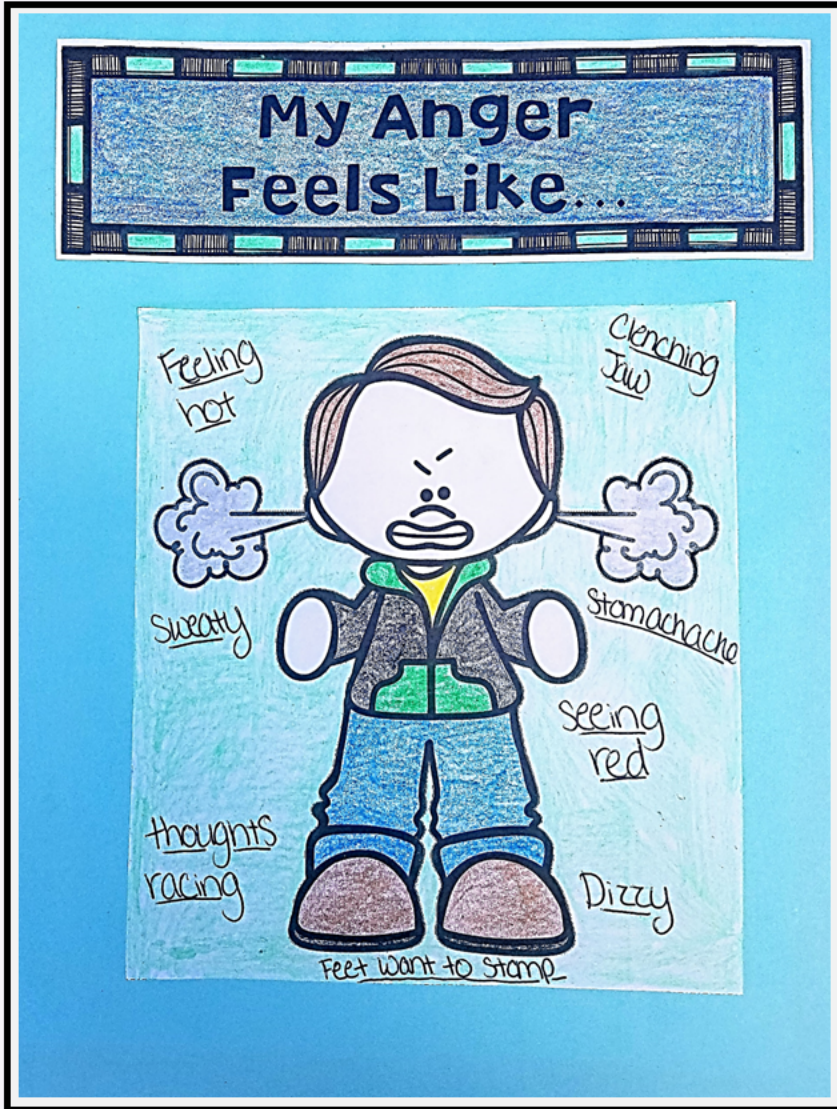
Help students identify and understand their type of anger.

Mrs. Bell

The CRAFTY Counselor

LESSON #4:

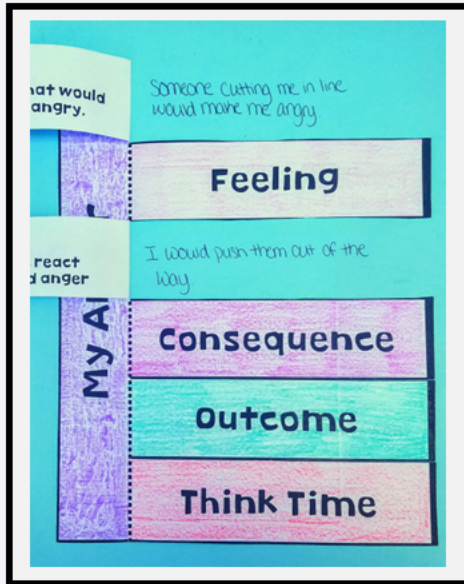
Lesson Outline, Posters,
"My Anger Feels Like"
and "I Want to Feel
Like" Activity



Compare and contrast how anger
feels with how they want to feel.

LESSON #5:

Lesson Outline, Steps to My Anger Poster, My Anger Activities



Students explore the steps to anger. Students will be challenged to think about the consequences of anger in various situations.

Steps to My Anger:
How I Know I am Getting Angry

Situation:
Describe something that would normally make you angry.

Feeling the Anger:
How would you know that you are getting angry?

Reaction:
How would you then react to that situation and anger?

Consequence:
What would happen because of your reaction?

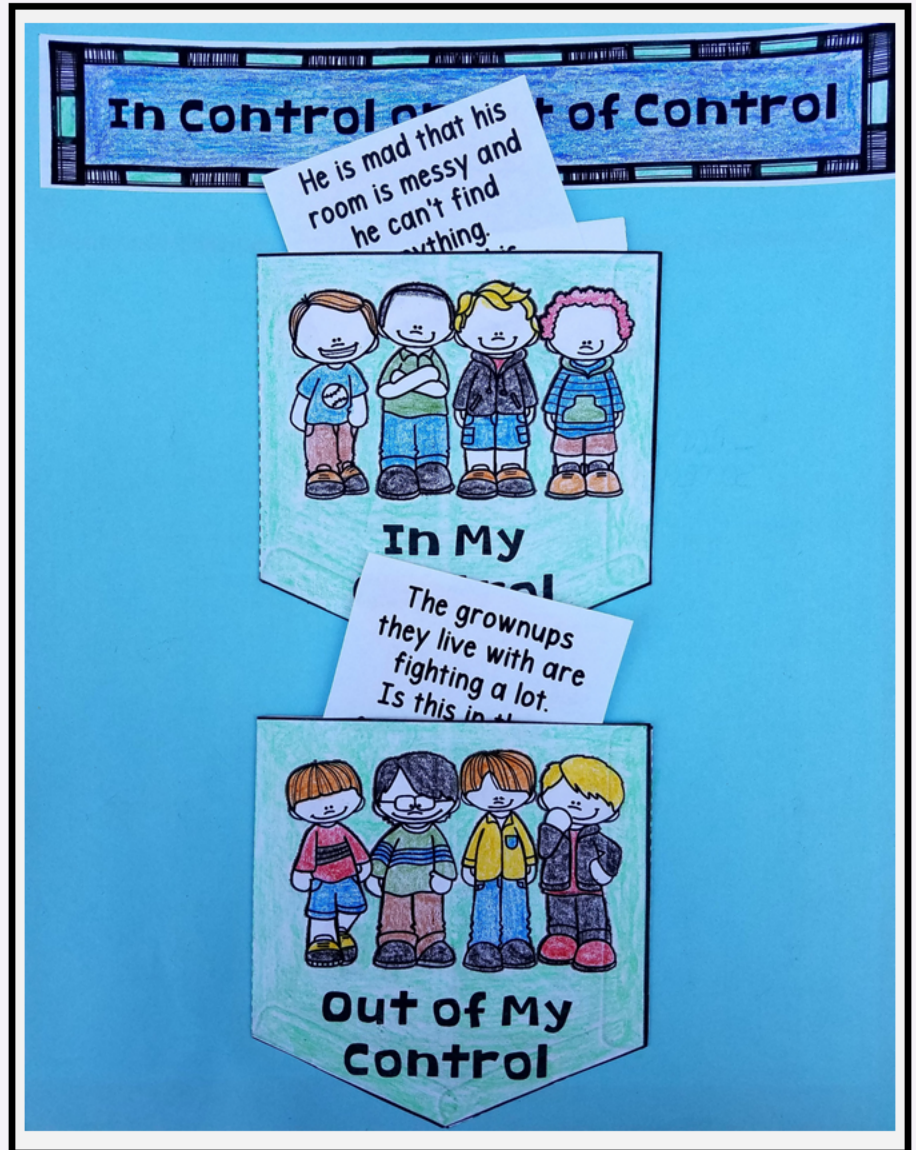
Outcome:
How would that affect you?

Think Time:
What could you do differently?

LESSON #6:

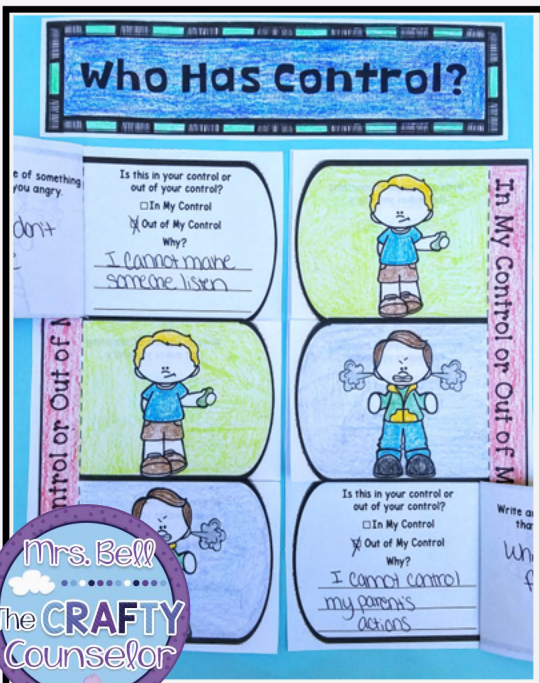
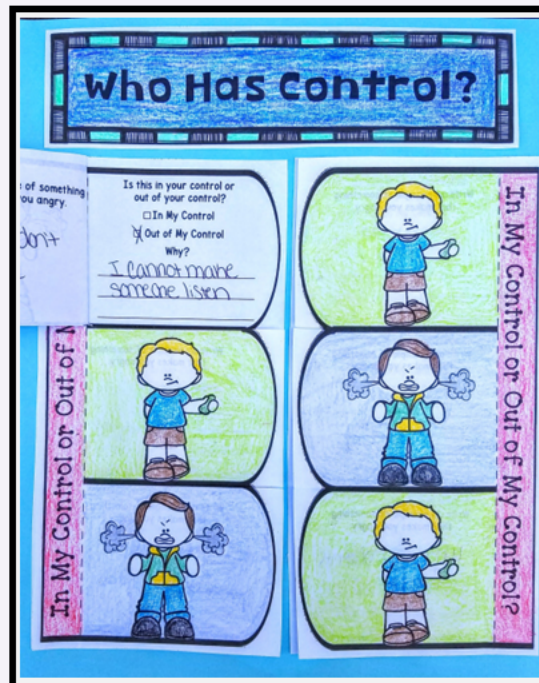
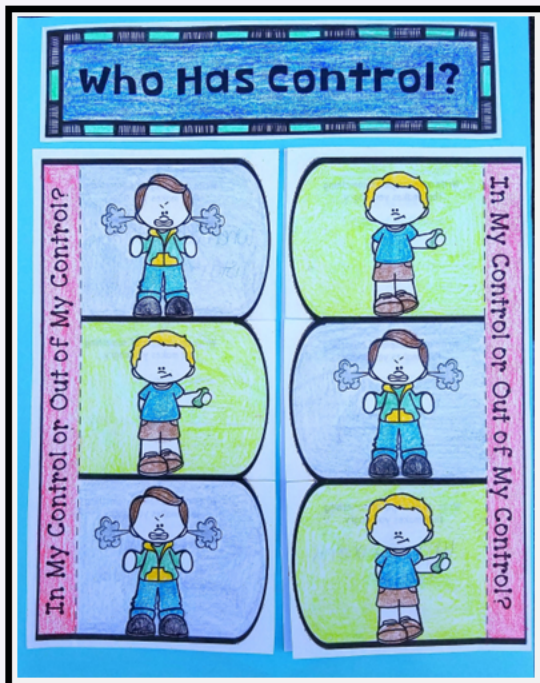
Lesson Outline, In-My-Control vs. Out-Of-My-Control Activity

Help students recognize the differences between what they can control & change and what is outside their control & ability to change.



LESSON #7:

Lesson Outline, "Who Has Control" Foldable Activity



Students dive deeper into situations that evoke anger. Students decide if each situation is in or out of their control.

LESSON #8:

Lesson Outline, Keep Calm Chart, Calming Strategies Cut & Glue Activity



Tried and Works For Me	Tried and Doesn't Work	Have Yet B
Why did it work?	Why didn't it work?	
Why did it work?	Why didn't it work?	
Why did it work?	Why didn't it work?	
Why did it work?	Why didn't it work?	



Tried and Works For Me	Tried and Doesn't Work	Haven't Tried Yet But I Will
Why did it work? Breathing deep helps me calm my mind.	Why didn't it work?	
Why did it work? Counting to 10 gives me a chance to calm down.	Why didn't it work?	
Why did it work? Reading takes my mind off what happened.	Why didn't it work?	
Why did it work? Thinking of something happy changes my mood.	Why didn't it work?	



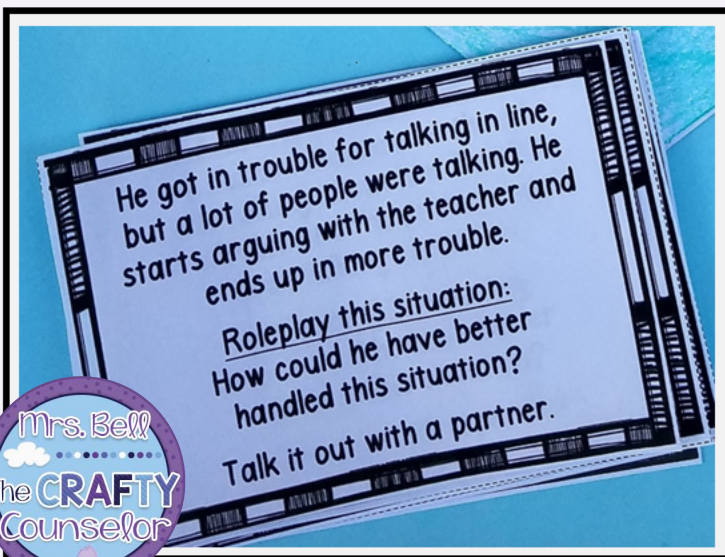
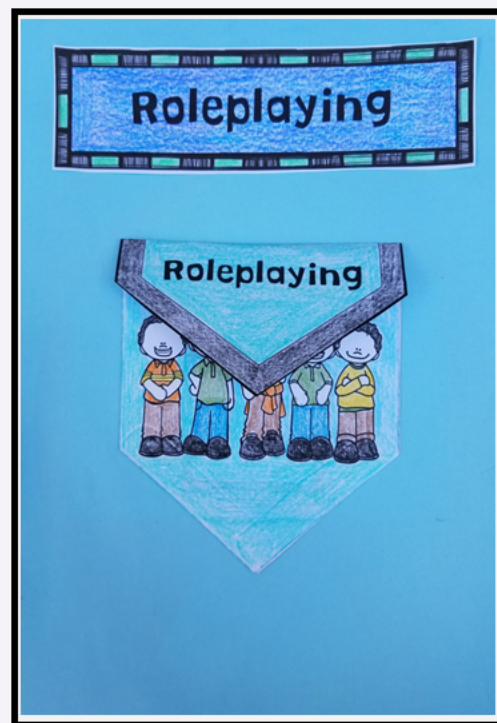
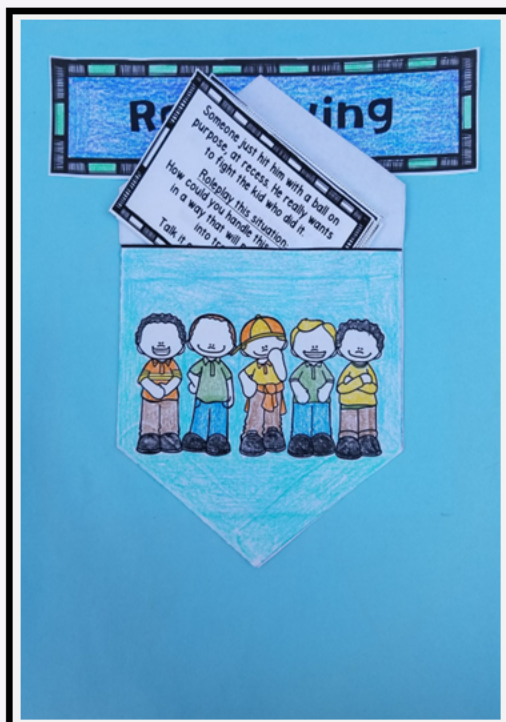
Tried and Works For Me	Tried and Doesn't Work	Haven't Tried Yet But I Will
Why did it work? Breathing deep helps me calm my mind.	Why didn't it work? I do not like to do jumping jacks in front of people.	
Why did it work? Counting to 10 gives me a chance to calm down.	Why didn't it work? I am not allowed to leave class or take a walk alone.	
Why did it work? Reading takes my mind off what happened.	Why didn't it work? Gym is not allowed at school.	
Why did it work? Thinking of something happy changes my mood.	Why didn't it work? I do not like to exercise alone.	

Give students easy-to-use strategies they can utilize in real-life situations.



LESSON #9:

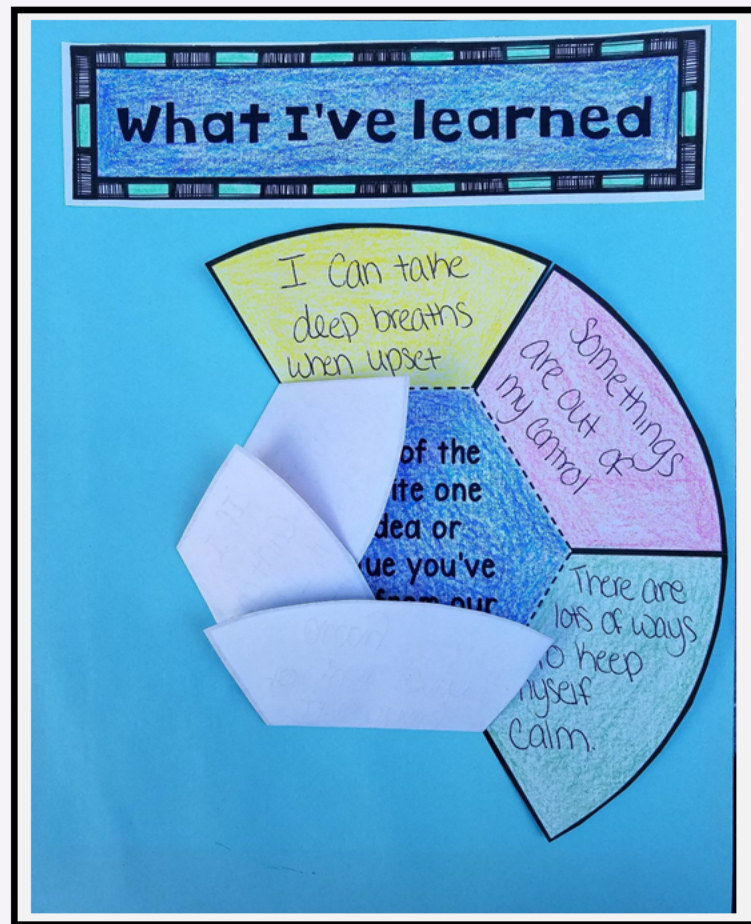
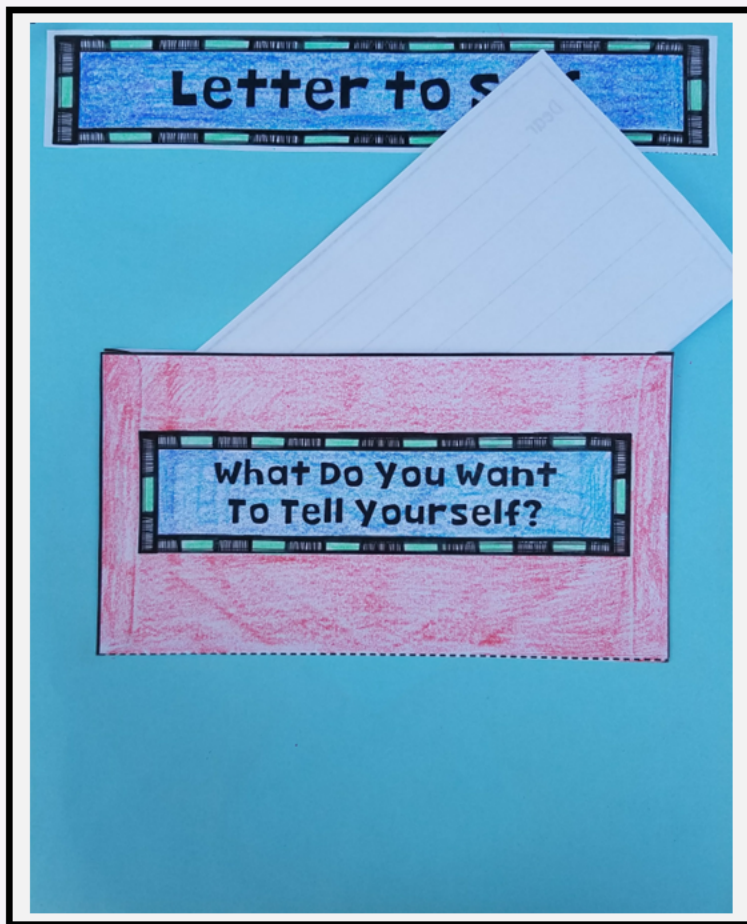
Lesson Outline, Role Playing Cards



Give students a chance to roleplay and practice their new strategies and skills.

LESSON #10:

Lesson Outline, Letter Template, "What I've Learned" Foldable



Let students reflect on all they've learned. Answer any lingering questions as you close out your group.

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