

Objective

By the end of this lesson, the student will be able to understand and apply strategies for dealing with anger in a healthy and positive manner.

Materials and Prep

- Pen and paper
- Printed anger management worksheets (optional)

Activities

1. Begin by discussing with the student what anger is and why it is important to learn how to deal with it effectively.
2. Brainstorm a list of common triggers for anger and write them down together. Encourage the student to share personal experiences if comfortable.
3. Introduce different strategies for managing anger, such as deep breathing, counting to ten, taking a break, or talking to a trusted adult or friend.
4. Practice deep breathing exercises together. Guide the student through a few rounds of deep breaths, emphasizing the importance of slowing down and calming the body.
5. Role-play different scenarios where the student may feel angry and encourage them to practice using the strategies discussed to handle their anger in a positive way.
6. Conclude the lesson by discussing the importance of recognizing and expressing emotions in a healthy manner. Encourage the student to continue practicing the strategies learned.

Fourth Grade Talking Points

- "Anger is a normal emotion that everyone feels at times. It's important to learn how to handle it in a healthy way."
- "Some common triggers for anger include feeling frustrated, being treated unfairly, or not getting what we want."
- "When we feel angry, it's helpful to take deep breaths and count to ten to calm ourselves down."
- "Sometimes, it's a good idea to take a break and remove ourselves from a situation that is making us angry."
- "Talking to a trusted adult or friend about our anger can help us feel better and find solutions to the problem."
- "Remember, it's important to express our feelings in a healthy way and not to hurt ourselves or others when we're angry."