

# Anger Management Lesson for Elementary Students

Topic: Anger Management

Grade: 2nd-5th

Purposes: Students will identify their anger triggers, the costs of it, and dangers of anger, and positive ways the class can cope.

Time: 30 minutes

Materials: 16 cue cards, 8 self cards

Lessons/Activity:



1. **Angry Pot (10 min)**
  - a. Everybody writes something down that makes them mad and puts it in the angry pot.
  - b. Read some of the things that make students angry.
2. **Anger is like fire Analogy (5 min)**
  - a. Draw a picture of a fire and have students guess what it is.
  - b. Discussion Questions:
    - i. How can fire be good? (e.g. cook, keep us warm)
    - ii. What can happen if it gets out of control?
    - iii. How can anger be good? (can help you run or get out of something, can help you tell someone how you are feeling, gives you more energy to solve a problem)
    - iv. What can happen if anger gets out of control?
3. **Group Activity** – Each Group is given a Self Card (see next page). The group works together create a list to show a positive way to manage anger. Other students will try to guess the strategy. (10 min)
  - a. Write your words
  - b. Stop and count to 10 (or 100), and think about what to do
  - c. Look for 5 things of the same color
  - d. Take a walk
  - e. Go to a quiet place and relax
  - f. Talk to someone about how you feel

## Anger Lesson Plans 2nd Grade

**Madora Soutter,Alessandra E.  
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## **Anger Lesson Plans 2nd Grade:**

Educational Psychology Angela M. O'Donnell, Johnmarshall Reeve, Jeffrey K. Smith, 2011-12-06 Teachers help students learn develop and realize their potential To become successful in their craft teachers need to learn how to establish high quality relationships with their students and they need to learn how to implement instructional strategies that promote students learning development and potential To prepare pre service teachers for the profession the study of educational psychology can help them to better understand their students and better understand their process of teaching Such is the twofold purpose of Educational Psychology to help pre service teachers understand their future students better and to help them understand all aspects of the teaching learning situation The pursuit of these two purposes leads to the ultimate goal of this text namely to help pre service teachers become increasingly able to promote student learning development and potential when it becomes their turn to step into the classroom and take full time responsibility for their own classes

Transformative Social and Emotional Learning Madora Soutter, Alessandra E. Ward, Chu N. Ly, 2025 Transformative social and emotional learning TSEL is a way of teaching that sees social and emotional learning and social justice as inextricably linked This practical guide will support teachers in centering TSEL in their work and in cultivating a commitment to justice with young children in developmentally appropriate ways The authors provide stories perspectives and concrete tools including planning resources for teachers tips on integrating TSEL into different content areas research on how to foster positive racial identity development support for integrating transformative play into the classroom a roadmap for teacher educators and advice on how to navigate barriers to doing this work The text provides specific examples that demonstrate how to implement complex concepts in accessible ways Chapters are designed to be practical though not overly prescriptive so teachers can readily adapt takeaways to their own practice Book Features Social and emotional learning grounded in equity and social justice goals Social and emotional learning is so important in all classrooms This book shows that it must be asset based contextualized in sociocultural awareness grounded in critical pedagogies and approached with an equity and social justice lens Concrete tools for a complex concept TSEL as a concept can be difficult to access for classroom teachers who are already creating so much content This book provides concrete tools and specific examples of how to implement TSEL without oversimplifying this work A foundation of social justice for young children Social justice work has traditionally focused more on adolescents This book provides tools for building a developmentally appropriate foundation for doing this work with younger changemakers pre K grade 6 This important resource is for every educator invested in carrying out social and emotional learning that challenges injustice and honors all of the different identities that our students hold Scott Seider professor Boston College     Resources in Education , 1998     Walking by Faith Grade 2 Parish David Haas, 2002-03

Walking by Faith Grade 2 Harcourt Religion Publishers, 2002-03     **Introduction to Learning Disabilities** Daniel P. Hallahan, James M. Kauffman, John Lloyd (Ph. D.), 1999 An introduction to the field of learning disabilities across the lifespan

covering basic information on causes characteristics parent and family factors and educational approaches Contains sections on educational planning developmental perspectives strategies for helping students adapt and s **Student Teaching** Jeanne M. Machado,Helen Meyer-Botnarescue,1993 This informative up to date book is written specifically for student teachers in early childhood settings It provides current hands on techniques and academic readings that encourage a reflective approach to teaching responsibilities and assignments It details the roles of the cooperating resident teacher the college supervisor and the student teacher Thought provoking activities group interactions and review sections are included to foster professional growth Sample evaluations lesson planning guides and pointers are also included **The Systematic**

**Bible teacher** ,1874 **Behavioral Emphasis in Art Education** D. Jack Davis,1978 **Notes on the Scripture**  
**Lessons for ...** ,1882 *Realities of the Urban Classroom* Alexander Moore,1967 **Characteristics of Emotional and**

**Behavioral Disorders of Children and Youth** James M. Kauffman,Timothy J. Landrum,2009 This book is an introductory text in special education for children and youth with emotional and behavioural disorders Because emotional and behavioural disorders are commonly observed in children and youth in all special education categories the book will also be of value in courses dealing with the characteristics of intellectual disability learning disabilities or students in cross categorical special education Students in school psychology educational psychology or abnormal child psychology may also find the book useful

**BOOK JACKET** *CTA Journal* ,1952 *Sierra Educational News* California Teachers Association,1953 **Reflective Planning, Teaching, and Evaluation** Judy W. Eby,Adrienne L. Herrell,James L. Hicks,2002 For General K 12 Teaching Methods and General Secondary Methods courses Reflective Planning Teaching and Evaluation K 12 takes a constructivist approach and offers an original Reflective Action model of how thinking caring teachers function in real classrooms

**Guerilla Guide to Teaching 2nd Edition** Sue Cowley,2007-06-05 Fully updated second edition user friendly entertaining realistic book with a vivid insiders perspective into the work of being a teacher A practical and definitive guide brought to you by Sue Cowley

**Complete Group Counseling Program for Children of Divorce** Sylvia Margolin,1996-06-19 For guidance counselors social workers nurses and others who work closely with elementary students troubled by problems of divorce this unique new resource presents 12 ready to use school tested group sessions with background information and reproducible materials to help children who are struggling to cope with and accept changes in their families The sessions are preceded by guidelines for establishing divorce groups ideas for beginning and ending each session suggestions for responding to the confusion children may express and case studies with actual examples of the children s questionnaires and artwork Each of the 12 group sessions provides ready to use lesson plans and reproducible activity sheets that can be copied as many times as needed general background on divorce why parents marry and divorce changes two houses feeling angry feeling guilty the grieving process legal issues stepparenting a happy marriage review achieving closure **Education, 98-99** Fred Schultz,1998 *Resources in Education* ,1997 **Teaching Special Students**

*in the Mainstream* Rena B. Lewis, Donald H. Doorlag, 1987

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