# Table of Contents

## Introduction
- Tool Kit 1  
  5

## Step 1: I Know I’m Angry
- Worksheet 2.1: Levels of Anger  
  7
- Role-Play: Levels of Anger (Script 1)  
  8
- Role-Play: Levels of Anger (Script 2)  
  9
- Worksheet 3.1: Signals of Anger  
  10
- Worksheet 4.1: Nine Dot Puzzle  
  11
- Tool Kit 2  
  12

## Step 2: I Calm Down
- Worksheet 5.1: Calming Down  
  14
- Worksheet 6.1: Calm Down & Think  
  15
- Tool Kit 3  
  16
- Role-Play: José & Jereka  
  18

## Step 3: I Think About the Cause
- Worksheet 8.1: Identifying Goals and Barriers  
  19
- Tool Kit 4  
  20

## Step 4: I Think About What I Could Do
- Tool Kit 5  
  22
- Worksheet 11.1: Practice Steps 1-4  
  24
- Role-Play: Kelly, Billy, & Jerome (Part 1)  
  25
- Role-Play: Kelly, Billy, & Jerome (Part 2)  
  26

## Step 5: I Try a Solution
- Student Worksheet 13.1: What Will Happen If…?  
  27
- Student Worksheet 14.1: Picking a Solution to Try  
  29
- Tool Kit 6  
  30
- Student Worksheet 15.1: Picking a Solution to Try  
  32
- Role-Play: Kelly, Billy, & Jerome  
  33
Step 6: I Think About How It Turned Out

| Worksheet 17.1: “I Can Solve My Problems!”                        | 34 |
| Worksheet 18.1: “I Can Solve My Problems!”                        | 35 |
| Tool Kit 7                                                        | 36 |
| Role-Play: Kelly, Billy, & Jerome                                | 38 |
| Role-Play: Natasha, Brian, & Jennifer (Part 1)                   | 39 |
| Role-Play: Natasha, Brian, & Jennifer (Part 2)                   | 40 |
| Role-Play: Natasha, Brian, & Jennifer (Part 3)                   | 41 |

Booster Lessons

| Tool Kit Review                                                  | 44 |
| Role-Play 1                                                      | 45 |
| Role-Play 2                                                      | 46 |
| Role-Play 3                                                      | 48 |
| Role-Play 4                                                      | 50 |
| Role-Play 5                                                      | 52 |
| Role-Play 6                                                      | 54 |