

Take CHARGE!

Step 1: Check- see if you're angry

Lesson 2: Recognizing Anger


Objective: Students will learn how to recognize anger.

Introduction:

What does it mean to Take CHARGE! (solve our problems)? If you want to Take CHARGE!, you need to learn some steps that will help you get along better with other people and get what you want without getting into trouble.

Show Overhead 1.1: Take CHARGE! Steps.

Take CHARGE! Steps

Check - see if you're angry 

Hold on - calm down & think

Analyze - figure out the cause

Reflect - on possible solutions

GO for it - pick a solution

Evaluate - see what happened

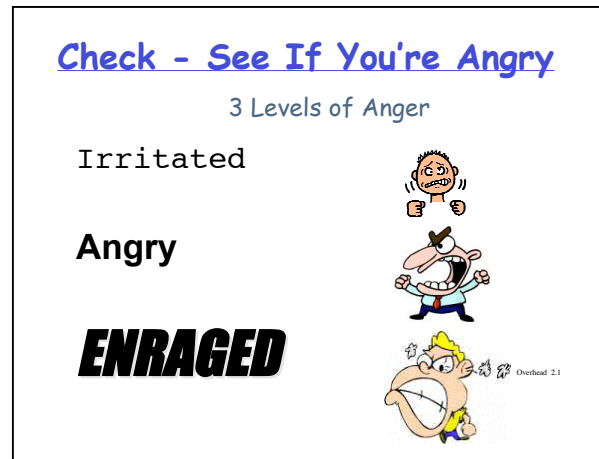
Overhead 1.1

Point to Step 1 and ask a student to read it.

The first thing you must do to solve most problems is to recognize when you are feeling frustrated or angry. This is an important first step because people who don't notice themselves getting angry often react to problems too quickly and make the situation worse. Before you can do the other steps, you need to recognize your own anger. Today we are going to talk about knowing when you are getting angry. Feelings of anger are not always the same for every person or situation. In fact, there are different levels of anger.

Show Overhead 2.1: Check – see if you're angry

Discuss what each word means, allowing students to give examples where appropriate.



Let's talk about an imaginary problem. Suppose you are trying to eat lunch with your friends and somebody behind you throws a little paper wad at your head. How do you think you would feel the first time this happened?

Allow answers.

You might be only a little irritated at first. What do I mean when I say, "irritated?" Who can tell me about a time when they were irritated?

List student responses.

If this person continues to throw paper wads at you, do you think your feelings might change, or will you just continue to be irritated?

Allow students to answer.

You may begin to get angry if the situation continues. Anger involves stronger feelings than irritation. Who can tell me about a time when you were angry?

Allow answers.

Does anger feel the same as irritation?

Allow answers.

Let's say you get angry and yell at the person throwing paper wads at you. You tell him or her to stop, but the person keeps doing it anyway. Everyone is laughing at you, even your friends. Now how do you feel?

Allow answers.

You may get so angry that you become enraged. When we are enraged, we are so furious that we lose control of our actions, and we may say or do things that could hurt someone, including ourselves. You need to learn how to calm your anger so you will not become enraged.

- 1. Select two students to read and act out the role-play on Worksheet 2.2 and two others to read and act out the role-play on Worksheet 2.3. (They can use their real names.) Have them practice their parts for a few minutes.**
- 2. While these students are practicing their parts, pass out Worksheet 2.1 to all other students. Ask them to fold the sheet into three sides, so that a different anger level shows on each side. Explain to them that as the actors act out each role-play, they will be asked to hold up the side that indicates which level of anger they think the character is feeling: Irritated, Angry, or Enraged.**
- 3. Have the two students who are reading from Script 1 read through the role-play once. Then have them begin again, and as each character speaks, ask the other students in the class to hold up the level of anger the actors present. Ask the designated questions for Script 1.**
- 4. Repeat the process with Script 2.**