

# The Rules for Being Angry

## Directions

Have students work together to create a poster where they write down the following rules about getting angry:

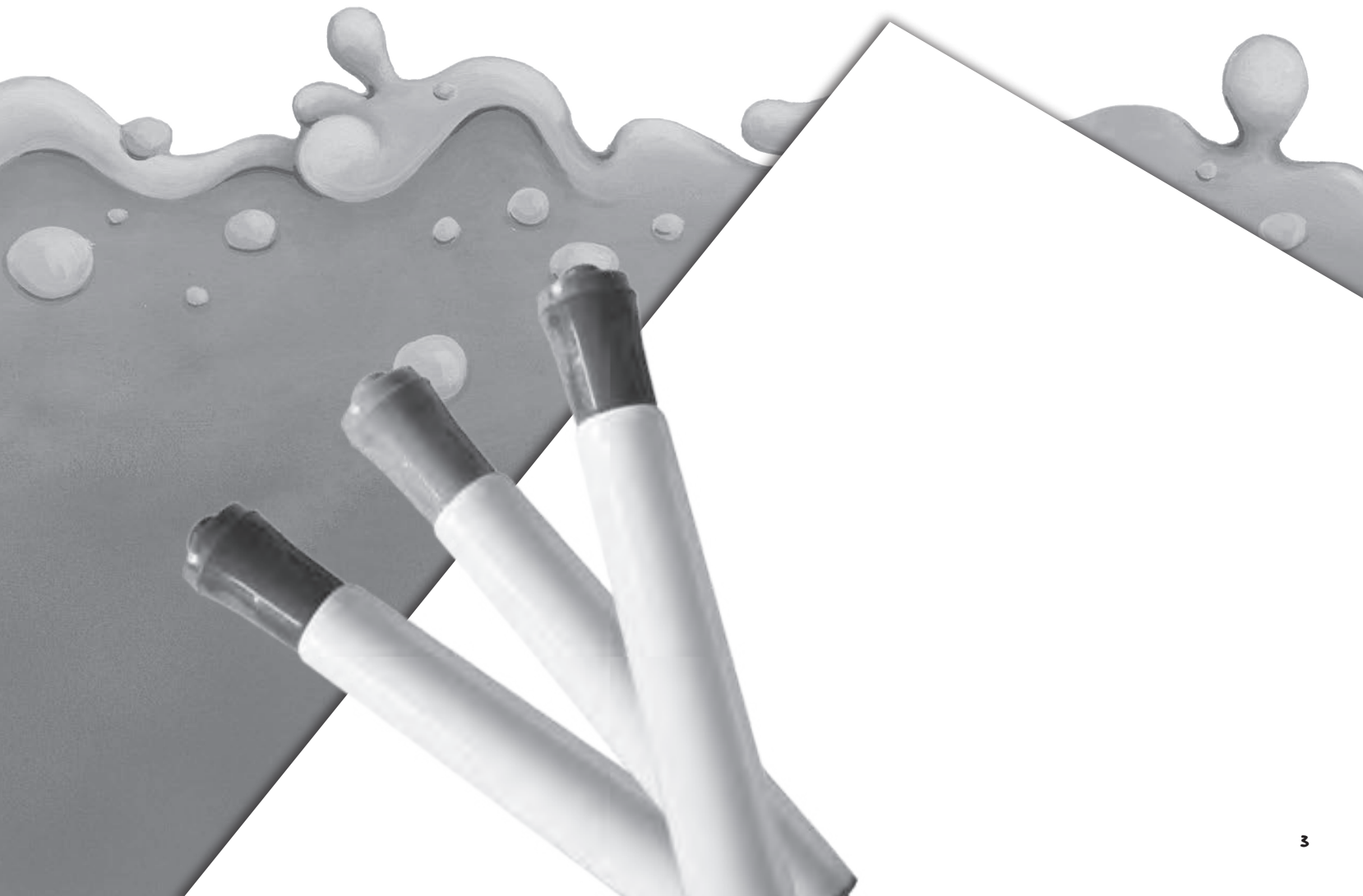
When I get angry:

- I will not hurt **myself**.
- I will not hurt **others**.
- I will not hurt **property**.

When the poster is completed, have each student sign the poster and promise to follow the rules. A signature is important and symbolizes a promise and a commitment.

## Materials

- Large Poster Board
- Markers



# What Makes You POP?

## Materials

- Several small strips of paper
- Pen or pencil
- Two round balloons
- Air Pump (optional)

## Directions

1. Take a balloon and blow into it (or use the air pump to inflate it). Keep blowing until it eventually pops. When it pops, talk about how it made everyone feel (i.e. scared, startled, surprised, uneasy, etc). Explain to the group that this is how other people feel when someone around them blows up and loses their temper.
2. Have each person in the group think about the things that make them angry and write those things down on individual strips of paper.
3. Take turns having each person read their strips. Each time a strip is read, blow into the other balloon (this symbolizes how anger builds up inside of us).
4. When the balloon is very full and about to pop, let the balloon go. As it soars through the air, explain that this is what happens when we control our anger and let out our fizz. We can keep our balloon from exploding if we know what to do.



## Extra!

Brainstorm as a group ways to control your fizz (let the air out of your balloon). Suggestions may include:

- Take five deep breaths and clear your head.
- Walk away from the situation and find a quiet place to sit down and relax your muscles.
- Write down or draw all of your feelings on paper.
- If you are in your classroom, try sitting at your seat and do the Push, Pull, Dangle: **Push** down hard on the seat of your chair while you count to 10. **Pull** up hard on the seat of your chair while you count to 10. Then **dangle** your arms, and feel all of your stress leave your body.
- If you are at home, go into your room, close the door and play your music really loud.
- If you feel really angry, try punching a pillow a few times.
- Get to bed on time at night.
- Eat healthy foods.

# My Anger Masterpiece

Draw a picture of what anger looks like to you.



# My Human Thermometer

## Watch Your Temper Temp!

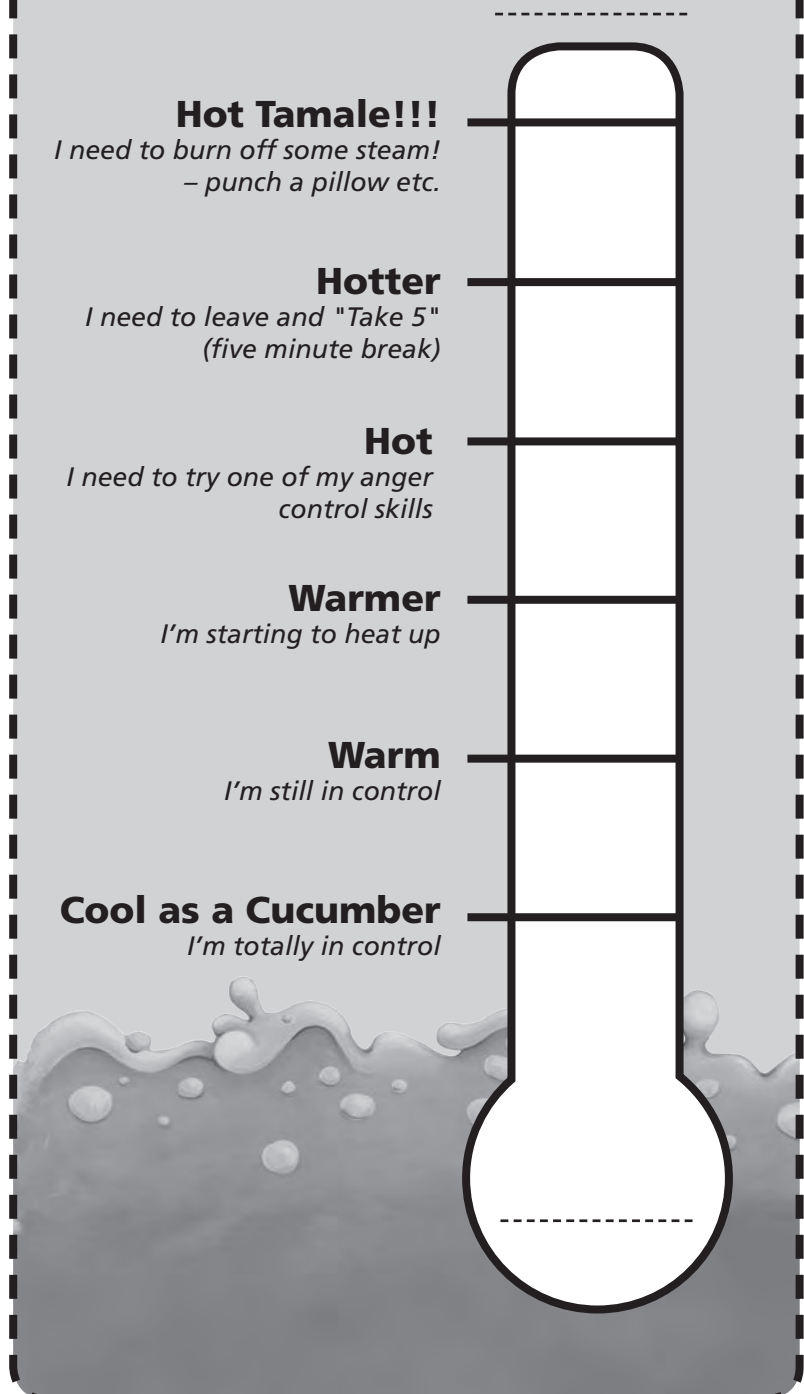
### Materials

- (1) 3/4" x 8" white ribbon
- (1) 3/4" x 8" red ribbon

### Directions

1. Glue one end of a white 3/4" ribbon to one end of a red 3/4" ribbon.
2. Cut out the human thermometer at right. (**Note:** To make the thermometer sturdy, you may want to glue the image to posterboard or cardboard before cutting).
3. Carefully cut slits at the top and bottom of the thermometer (use slits indicated) and run the white end of the joined ribbon through the top slits and the red end through the bottom slit. (**Note:** To make a loop, you can glue the unglued ends of the ribbon together on the backside of the thermometer. Only glue the ribbons together. Do not glue the ribbons to the thermometer).
4. As your anger builds up, adjust your thermometer so you will know how "hot" you are getting and when you need to find a way to lower your temper temp.

### My Human Thermometer



# A Mental Vacation



## Directions

Sometimes, when we feel stressed, we need to escape reality for a little while by going on a “mental vacation.” Close your eyes and think of a calm, happy place you would like to go. Now, make a list of as many calm, happy places you can think of in the space below (i.e. sitting by the ocean, sitting under a tree at a park, fishing in a pond, etc).

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Draw a picture of your favorite calm, happy place.

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Now, whenever you need to go on a “mental vacation,” close your eyes and see yourself in your favorite calm, happy place. Just don’t forget to come back!



# My Happy Place Diorama

## Materials

- Shoe box
- Clay or salt dough
- Glue gun
- Construction paper
- Markers or crayons
- Various other small items

Make a diorama (3-D model) of your happy place. Make it as realistic as you can. Display your diorama in your classroom so that when you need to take a “mental vacation,” you can look over and see where you will go!

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# The Cooling Cube

## Materials

- 1 ice cube
- Small Ziploc plastic bag

Sometimes, when you start to feel angry, your body temperature will feel like it is rising. Try using a “Cooling Cube” to keep you cool! When you first start feeling hot, put an ice cube in a Ziploc bag and close it tight. Hold the ice cube in your hand and feel its coolness against your skin. As the ice cube melts, imagine your anger peacefully melting away with it.

# My Frustration Plan

I know when I am starting to get angry because my:

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The first thing I should do when this happens is to:

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If that doesn't work, I should try to:

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If I feel like I need to leave the room so that I won't blow my bottle cap,  
I need to give my teacher the signal that looks like this:

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My plan to release my fizz once I have left my classroom is to:

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When I feel like I am in control of my fizz again, I should walk back into my classroom and get back on task as soon as I can. When I come in, my teacher will know that I feel more in control.

**I promise** that I will not abuse this privilege in any way.

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Student's Signature

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Teacher's Signature

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Counselor's Signature

# Time To Color

