

Student Workshop
Handling Your Anger

265740

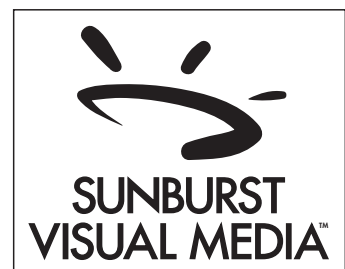




Table of Contents

About the Program

Introduction	2
Learning Objectives	3
Using This Program	4
Summary of the Program	5

Bibliography

General Reading for Educators and Parents	8
Fiction for Grades 5 to 9	9
Nonfiction for Grades 9 and up	11
Additional Resources	12

Program Script

Script	16
Part 1: Anger Cues & Anger Triggers	17
Part 2: Anger Styles & Consequences	23
Part 3: Dealing With Anger	36
Part 4: Wrap-Up	48

Handouts

Table of Contents	50
Handouts (may be copied for class distribution)	51

About the Program

Introduction

Any teacher who works with middle-school-age children knows that many young teens are not equipped to handle anger effectively and constructively. Yet, uncontrolled anger can create a hostile school environment, destroy relationships, make teaching and learning difficult, and escalate into violence. Of course, anger itself is normal and unavoidable, but there are ways of handling it that provide emotional relief while helping to bring about desired outcomes. A number of research studies have demonstrated that young people can learn anger-management skills and apply them constructively to the problems that arise in their own lives.

To this end, SUNBURST has created **Student Workshop: Handling Your Anger**. This program, along with the accompanying materials, is a hands-on program that teaches anger-management skills to young adolescents. The style of the program is modeled on a contemporary TV music channel, with the material presented in a casual, light-hearted way to hold students' interest and attention. Students learn how to identify their anger triggers and anger cues, understand the consequences of their behavior, express and manage anger effectively and constructively, and respond to anger directed at them.

The program is divided into four parts and should be stopped after each section so students can do the follow-up handouts that clarify and reinforce the main points. This will also provide opportunities for them to apply what they have learned to their own lives.

Controlling one's anger is a lifelong challenge. Through anger-management techniques, teachers and counselors are able to give young teens the necessary skills to deal constructively with their anger so they can successfully meet this challenge throughout their lives.

Learning Objectives

Viewing the program and completing the accompanying worksheets will help students to:

- understand that anger is a normal human feeling.
- recognize the difference between angry feelings and angry behavior.
- identify what triggers their anger.
- become familiar with their physical anger warning signs.
- identify their characteristic ways of expressing anger.
- consider the consequences of angry behavior.
- develop constructive and effective ways of expressing and handling their anger.
- respond effectively to someone else's anger.

Using This Program

This program is designed as a workshop to teach anger management skills to middle school students. The material is presented by program hosts on TV's The Anger Channel and is reinforced by scenarios, skits, and the TV station's rap artist. The program is supplemented by exercises and activities that help reinforce the concepts presented and allow students to practice handling anger.

The subjects addressed in the program are: anger triggers, anger cues, anger styles, the consequences of angry behavior, effective ways of expressing anger, handling anger constructively, and responding to others' anger. These subjects are presented in four separate segments, the last a review of key points.

Part 1: Anger Triggers & Anger Cues — *running time: 6:18 min.*

Part 2: Anger Styles & Consequences — *running time: 11:11 min.*

Part 3: Dealing With Anger — *running time: 11:45 min.*

Part 4: Wrap-Up — *running time: 3:06 min.*

The best way to ensure maximum understanding and retention of the concepts is to show the four segments of the program over the course of several class periods.

The program should be stopped after each part, so the accompanying handouts can be distributed to the class. These handouts include information sheets, exercises, activities, and directed role-plays that elaborate and reinforce each concept. The activities provide students an opportunity to reflect on the material and relate it to their own experiences.

In addition to this program, you may also wish to use the SUNBURST program, *Student Workshop: Conflict Resolution Skills*, to help your students build a foundation of conflict resolution skills. While each program is designed to stand alone, together they form a meaningful unit to help students manage anger and peacefully resolve conflicts.

An extensive annotated bibliography and resource section lists background materials that can be rich sources for further reading and additional activities.

Summary of the Program

In this program, hosts on TV's The Anger Channel present true-to-life scenarios, humorous skits, and the rap artist, A.D.O.R., to help viewers explore their own anger and the anger of others, and to teach appropriate skills and strategies for expressing and handling anger constructively.

To open the show, the hosts explain that anger, while a normal human emotion, can be difficult to handle and can sometimes get out of hand. Although it's okay to feel angry, the hosts point out, it's not okay to act angry. They assure their audience that there are strategies for handling anger. Then, they invite viewers to learn how to control their anger before it controls them.

In **Part 1: Anger Triggers & Anger Cues**, the hosts discuss some common anger triggers – the provocations that set off anger. After different anger triggers are illustrated, the hosts point out that anger triggers are different for each person, and that knowing your own can be the first step toward gaining control of your reactions. They go on to explain anger cues – the internal physical responses that accompany feelings of anger. Being alert to these sensations can heighten an awareness of angry feelings before behavior gets out of control. After The Anger Channel rap artist, A.D.O.R., reviews the points presented so far, the hosts invite viewers to stop the tape so they can check out their own anger triggers and anger cues.

Part 2: Anger Styles & Consequences addresses some of the counterproductive ways people behave when they're angry – their anger styles – and the consequences of these behaviors. After the hosts introduce some common anger styles, each one is depicted in a short scenario. The first is *acting out* – venting angry feelings through uncontrolled angry behavior. This often backfires, creating additional problems for the angry person. The second anger style is *displaced anger* – aiming anger at an inappropriate target. Not only is this unfair to the recipient, but it leaves the person who caused the anger unaware. The third anger style is *ignored anger* – ignoring or refusing to admit anger, perhaps even to oneself. Ignored anger leaves the initial problem unaddressed and can lead to depression, physical problems, or a delayed explosion. After the three

common dysfunctional anger styles are presented, A.D.O.R. winds up Part 2 with a rap on anger styles and their consequences. The hosts again ask viewers to stop the tape in order to explore their anger styles.

Part 3: Dealing With Anger introduces techniques for effectively expressing and constructively handling anger. The first is to take a break and calm down. This can be facilitated by counting to 10, taking deep breaths, walking away from the situation, or calming self-talk. One of the most crucial techniques is to express feelings in words, as accurately and honestly as possible, to the person causing anger. Not only does it offer some relief to the angry person, but it can also help solve the problem that provoked the anger. Another tip is to discuss the problem with a friend or a trusted adult. Part 3 also addresses the issue of how to respond to someone else's anger. First, try to stay calm and help the other person to calm down. Apologize if it's appropriate, and then try to help solve the problem that initially caused the anger. The hosts point out that not all problems can be solved; sometimes an undesirable outcome cannot be avoided. Accepting this idea can help students overcome anger. After A.D.O.R. presents a review of the key ideas in this section, the hosts invite the audience to stop the tape one more time so they can practice the techniques on how to deal with their own and others' anger.

Finally, **Part 4: Wrap-Up** summarizes the main points of the program, as A.D.O.R. brings the program to a close.

Bibliography

Bibliography

Anger: General Reading for Educators and Parents

“Anger and Resentment Can Trigger Discord.” *USA Today Magazine*, April 1996, p.3. Strategies for helping the younger and older generations work together to keep relationships on an even keel.

Eastman, Meg and Sydney Craft Rozen. *Taming the Dragon in Your Child: Solutions for Breaking the Cycle of Family Anger*. New York: John Wiley and Sons, Inc., 1994. How to deal with your child’s anger – from toddler stage to adolescence.

Freeman, Lucy. *Our Inner World of Rage: Understanding and Transforming the Power of Anger*. New York: Continuum, 1990. How to distinguish between destructive anger and productive anger, and how to transform the latter into a positive assertiveness that is in our best interest.

Gaylin, Willard, M.D. *The Rage Within: Anger in Modern Life*. New York: Simon & Schuster, 1984. An analysis of the aspects of anger that have become a way of life, and a plea for community and understanding.

Madow, Leo, M.D. *Anger: How to Recognize and Cope With It*. New York: Scribner’s, 1972. Why repressing anger can make you sick and how recognizing and dealing with it can keep you healthy.

Rubin, Theodore Isaac, M.D. *The Angry Book*. New York: Macmillan, 1969. Steps that can lead to a reasonable resolution of anger.

Samalin, Nancy. *Love and Anger: The Parental Dilemma*. New York: Viking, 1991. Constructive advice for parents for dealing with that most destructive of human emotions – anger.

Tavris, Carol. *Anger: The Misunderstood Emotion*. New York: Simon & Schuster, 1983. Why venting anger may do more harm than good.

Thomas, Dr. Sandra P., ed. *Women and Anger*. New York: Springer Publishing Co., 1993. How the health problems that disproportionately affect women may partly stem from their unhealthy reactions to anger.

Williams, Redford, M.D. and Virginia Williams, Ph.D. *Anger Kills: Seventeen Strategies for Controlling the Hostility That Can Harm Your Health*. New York: Times Books, 1993. How anger can affect health and what can be done about it.

Fiction for Grades 5 to 9

Byalick, Marcia. *It's a Matter of Trust*. New York: Harcourt/Browndeer, 1995. Crushed by the news that her civil servant father has been publicly charged with accepting bribes and kickbacks, 16-year-old Erika's anger and resentment color her attitude toward her schoolwork, friendships, and even her role as the tennis team's star player.

Calvert, Patricia. *Yesterday's Daughter*. New York: Scribner's, 1986. Leenie is determined not to forgive the mother who abandoned her as a baby, until a young man helps guide Leenie through her anger and confusion.

Crutcher, Chris. *Ironman*. New York: Greenwillow Books, 1995. When his passion for physical challenge is almost derailed by the anger he feels toward his father, 17-year old Bo is helped to deal with his outbursts by a school anger-management group.

Dines, Carol. *Best Friends Tell the Best Lies*. New York: Delacorte Press, 1989. Tamara copes with her frustration over her parents' divorce by telling lies, which disappoints and angers her best friend.

Greene, Constance Clark. *Your Old Pal, Al*. New York: Viking Press, 1979. Three volatile 13-year-old girls discover the hurting power of thoughtless, angry words and learn about apologizing and forgiving. A funny and perceptive story.

Greenfield, Eloise. *Koya Delaney and the Good Girl Blues*. New York: Scholastic, 1992. Koya has always used laughter and jokes to cover up her anger, until she finds herself in a situation that cannot be resolved that way.

Holl, Kristi Diane. *Footprints Up My Back*. New York: Atheneum, 1984. Jean, whose self-esteem is bound up with good deeds and hard work, becomes increasingly angry as she gives too much to others. Her grandmother helps her learn that she can be "good" without letting others take advantage of her.

Hopper, Nancy J. *Ape Ear and Beaky*. E.P. Dutton, 1984. Scott, a boy with a hair-trigger temper, learns not to overreact to teasing and perceived slights. A fast-moving, funny, clever story.

Hurwitz, Johanna. *Hurricane Elaine*. New York: William Morrow, 1986. Elaine's life is full of the usual ups and downs, until her quick temper leads to a family crisis.

Knudson, R. Rozanne. *Speed*. New York: E.P. Dutton & Co., 1983. Tyrone is full of hate until he is able to channel his anger and grief at the breakup of a relationship by turning into one of the fastest runners in Los Angeles. This well-done book is designed for older readers with limited reading skills.

Maloney, Ray. *The Impact Zone*. New York: Delacorte, 1986. Jim runs away from his mother and stepfather to live what he thinks will be a glamorous life with his father, only to learn the hard way that problems must be faced and resolved.

Naylor, Phyllis Reynolds. *The Solomon System*. New York: Atheneum, 1983. After their parents divorce, Tod and his brother Nory must each live with a different parent; by helping each other, the two are able to work on their anger and resolve their problem.

Osborne, Mary P. *Last One Home*. New York: Dial Press, 1986. Bailey has an alcoholic mother, a father about to remarry, and an adored older brother leaving for the army. Her first-person story is that of someone almost wild with grief and anger. A thought-provoking look at the ravages of family turmoil and change.

Paterson, Katherine. *The Great Gilly Hopkins*. New York: Crowell, 1978. Living in a succession of foster homes while desperately trying to find her own mother, Gilly is forced to hide her anger and hurt.

Pfeffer, Susan Beth. *Getting Even*. Rutherford, NJ: Berkley Books/Pacer Books, 1987. Annie is shocked and hurt when she fails to land the job of editor of the school newspaper, and resolves to get even.

Terris, Susan Dubinsky. *The Latchkey Kids*. New York: Farrar, Straus & Giroux, 1986. Burdened with adult responsibilities after her father falls ill, Callie is filled with resentment and anger. Helped by a friend and the friend's grandmother to appreciate the importance of family, Callie comes to realize that if she wants things to change, she has to try harder, too.

Nonfiction for Grades 9 and up

Curtis, Robert H. *Mind and Mood: Understanding and Controlling Your Emotions*. New York: Charles Scribner's Sons, 1986. Shows how knowing what emotions are and how they affect the body can help us achieve the emotional control that can last lifelong.

Gelinas, Paul J. *Coping with Anger*. New York: Rosen Publishing Group, 1983. Describes the nature of anger, traces its origin, development and the danger of its destructive expression, and explores means of giving vent to it in a socially acceptable and healthy way.

Kuklin, Susan. *Speaking Out: Teenagers Take On Race, Sex, and Identity*. New York: G. P. Putnam's Sons, 1993. Teens at a multicultural urban high school air their grievances and talk about their differences and commonalities.

Additional Resources

For an extensive annotated list of books, manuals, videos, and packets of journal articles for teaching conflict resolution in schools:

National Association for Mediation in Education (NAME)

205 Hampshire House
University of Massachusetts
Amherst, MA 01003
(413) 545-2462

For resources and materials for training teachers and students in conflict resolution techniques:

The Community Board Program

1540 Market Street, Suite 490
San Francisco, CA 94102
(415) 552-1250

Training materials for teachers and students in conflict resolution techniques:

Dispute Resolution Services, Inc.

Los Angeles County Bar Association
617 S. Olive Street
P.O. Box 55020
Los Angeles, CA 90055
(213) 896-6533

For an explanation and description of a successful mediation program for high school students:

Michael Gillis, Mediator/Coordinator

Project SMART

c/o Victim Services Agency
2 Lafayette Street
New York, NY 10007
(212) 674-5000 x 373

For curriculum materials, professional development training, and school programs in conflict resolution and cooperative learning:

Educators for Social Responsibility

Larry Derringer, Executive Director
23 Garden Street
Cambridge, MA 02138
(617) 492-1764

For materials on cooperation and conflict resolution and their impact on students' educational achievement, mental health, and vocational performance:

International Center for Cooperation and Conflict Resolution

Box 53
Teacher's College
Columbia University
New York, NY 10027
(212) 678-3402

For training materials for teachers and students:

School Mediation Associates

Richard Cohen, Director
72 Chester Road #2
Belmont, MA 02178
(617) 876-6074

In Canada:

For resource materials on conflict resolution for educators and students:

Network for Conflict Resolution

Conrad Grebel College
Waterloo ONT N2L 3G6
(519) 885-0880

For "Common Ground," a semi-annual newsletter on conflict resolution and violence prevention, and for information on conflict resolution workshops:

Canadian Institute for Conflict Resolution

St. Paul University
223 Main Street
Ottawa ONT K1S 1C4
(613) 235-5800

For information on setting up peer mediation workshops:

Canadian Peer Mediators Association

5 Glencoe Street
Nepean ONT K2H 8S6
(613) 725-2716

Related materials available from Sunburst Visual Media:

Anger, Rage and You

23-minute program for Grades 5-9

Student Workshop: Conflict Resolution Skills

35-minute program for Grades 5-9

Student Workshop: Mediation Skills

30-minute program for Grades 5-9

When Anger Turns to Rage

27-minute program for Grades 5-9

Working It Out: Conflict Resolution

28-minute program for Grades 5-9

When You're Mad! Mad! Mad! Dealing with Anger

27-minute program for Grades 5-9

Staff Development: Working with Hostile and Resistant Teens

Two 45-minute programs for teachers/counselors in Grades 5-12

Staff Development: Conflict Resolution: Grades 5-12

24-minute program for in-service training

Conflict Resolution Curriculum Module: *Grades 5-9*

Road to Reason: A Conflict Resolution Game: *Grades 5-9*

Conflict Resolution Posters: *Grades 5-12*

Script

Student Workshop: Handling Your Anger

Announcer:

You're watching The Anger Channel. T.A.C. — the network that keeps you from acting like a real jerk when you're feeling mad.

• • • •

Host 1:

Everybody gets angry. I know I do.

Host 2:

Me, too.

Host 1:

Hey, it's a normal part of life on Planet Earth.

Host 2:

But, you might not handle your anger all that well. Things can get out of hand.

Host 1:

And that can make anger seem pretty confusing.

Host 2:

And frustrating.

Host 1:

Even kind of scary.

Host 2:

And worse, how you react when you're angry leads to consequences that go way beyond those first feelings.

Host 1:

Hey, but, don't sweat it. We're here to help you figure out what you can do about it.

Host 2:

We'll break it down for you. First, we'll show you how different people get angry at different things, and how to clue in to anger warning signs.

Host 1:

Then we'll show you how different people react when they're mad, what those actions can lead to, and how to work it through constructively.

Host 2:

We're also going to give you a chance to try out what you've learned, so you can be ready to control your anger before it controls you.

• • • •

Part 1: Anger Triggers & Anger Cues

Host 2:

Okay, so, it's all right to get mad.

Host 1:

Right. Your mood can be affected by a lot of stuff you can't control: friends, your family, even the weather.

• • • •

Announcer:

As you can see, we've got an anger front moving in, which means you can expect to feel fair to partly angry with scattered fuming and occasional outbursts towards morning.

• • • •

Host 1:

When you're mad, you're mad. You're going to feel the way you feel. But, how you act is entirely in your hands.

Host 2:

You don't want to lose control. For one thing, it won't solve anything.

Host 1:

Right. And, your behavior affects the way people think about you — and react to you.

• • • •

Host 1:

If feeling angry and acting angry are two different things, what can you do to handle the way you act? Well, first you need to know what gets you mad.

Host 2:

Everyone has things that make them mad. Let's call them *anger triggers*.

• • • •

Announcer:

Next, on The Anger Channel, it's *Anger Triggers*. Watch as real live stuff gets you real live mad!

*Bad Moods! Bad Moods! What'cha gonna do?
What'cha gonna do when they come for you?*

*Bad Moods! Bad Moods! What'cha gonna do?
How you gonna deal with your bad moods? Bad moods!*

• • • •

Host 2:

The catch is, what *triggers* anger in one person might not bother the next guy.

Host 1:

There are no hard and fast rules.

Host 2:

That's why you have to pay close attention to what sets you off.

• • • •

Anger Triggers

Aimee:

I get mad when anybody bosses me around.

Matt:

I get mad when I get teased.

Kid One:

What gets me mad is when my sister takes my things. I hate that!

Carl:

I get angry when I lose a game.

Tony:

I get really mad when my friends call me “freckle-face.”

Kid Two:

What makes me angry is when kids cut in line.

Marcus:

I hate it when kids call me “big foot.”

Kid Three:

I hate it when my parents treat me like a baby.

• • • •

Host 2:

But, what gets you angry might not mean as much to someone else.

• • • •

Maria:

I hate when people interrupt me right in the middle of...

Aimee:

That doesn't bother me. It's going back on a promise, I hate.

• • • •

Host 2:

See? Different kids. Different reasons to get angry.

Host 1:

And talking about reasons to get angry. Watch this.

• • • •

Host 1:

Sean McNellis, Marcus Rufo and Carl Thomas are on the basketball team. They're all good players, but Carl's a hot shot.

And he's always riding the other guys. It doesn't bother Marcus, but it really triggers Sean's anger.

Carl:

Thanks, McNellis. Nice move! Hey, tell me something. What did your grandmother teach you how to pass like that?

Sean:

Just lay off, Carl, okay?

Carl:

Hey, here comes "granny" now.

Marcus:

Yeah. Wanna hold my teeth for me while I blow you away?

Carl:

Uh, oh, here we go, folks. McNellis has got the ball. Everybody get ready – brick!

Sean:

You jerk!

Marcus:

You all right, man?

Sean:

Yeah.

Carl:

Check it out.

• • • •

Host 2:

Carl's wisecracks rolled right off Marcus. But, Sean got mad and his concentration was shot.

Host 1:

Two different kids; two different reactions.

Host 2:

Everyone has different *anger triggers*. But, here's the thing, if you know your *anger triggers*, you can try to avoid them.

Host 1:

Or learn to deal with them and face them head-on, with confidence.

• • • •

Host 2:

So, how do you know when you're about to get angry?

Host 1:

You have to recognize your *anger cues* — the physical changes that your body goes through that let you know you're getting mad.

• • • •

Announcer:

Coming up on The Anger Channel, it's *Anger Cues*, where the doctors at High Dudgeon General face the worst case of getting bent out of shape they've ever seen.

The physical symptoms? You breathe quicker... your throat tightens up... you clench your teeth... your muscles tense... you speak faster and louder than normal... your heart beats faster... your face gets flushed...

Patient:

But doctor, what do these symptoms mean?

Announcer:

They mean... you're steamed!

• • • •

Host 2:

The best thing you can do is listen when your body tells you that you're getting angry. Maybe then you can head off trouble before it starts.

• • • •

Host 1:

So, the first step to handling your anger is knowing when you get mad and how it feels.

Okay, let's wrap this up with T.A.C.'s own A.D.O.R.

• • • •

Music Video:

Let's get this started.

Don't worry anger's normal.

When people get on you, they're rude, even the storm will
Make you mad this happens every day.

That's why T.A.C. is here to show you the way.

To keep yourself together, to learn how to figure
What makes your blood boil, to know your anger triggers.

With A.D.O.R. it's time to roll, we'll all learn self control
To make a better you, diggin' out of every hole.

When your heart starts thumpin', your hands start to sweat,
Recognize your anger cues and try not to let

To lose it altogether you don't have to scream and shout.
To say I got this in control and start to work it on out.

• • • •

Host 1:

Okay, it's time for a station break so you can check out your own *anger triggers* and *anger cues*.

Host 2:

And when you're finished, we'll be back.

Announcer:

That's right. The Anger Channel will be back.

Pause for "Anger Triggers & Anger Cues" Handouts.

Part 2: Anger Styles & Consequences

Announcer:

You're tuned to The Anger Channel.

• • • •

Host 2:

So, you've got an idea of what gets you mad – your *anger triggers*.

Host 1:

And the messages your body sends when you feel mad – your *anger cues*.

Host 2:

Now, let's talk about reactions. You know, how you react when you're mad can make the situation better or worse.

Host 1:

In other words, what you do about your anger has consequences.

Host 2:

Angry behavior can have some pretty bad consequences. But how you act has more to do with habit than anything else.

Host 1:

Habits that you've probably picked up from watching the way people around you act when they're mad.

Host 2:

But that's the good news, because habits can be changed.

Host 1:

So, when your anger is triggered, you're going to react in some way. And the way you react is called your *anger style*.

• • • •

Announcer:

Next on The Anger Channel it's *House of Anger Styles*. Today's show features three anger styles: acting out, displaced anger, and ignored anger. Style number one: "Acting Out" features Sean McNellis.

• • • •

Host 1:

When you get angry and your reaction goes over the top, it's called *acting out*. Okay, say, like, your little brother messes with your baseball cards and you end up screaming at him or pushing him around? That's *acting out*.

Host 2:

It happens for some because instinct says to come on strong when angry. It's been that way since caveman days, and that's what a lot of people still do.

Host 1:

But, that can cause someone to come back at you just as strong.

Host 2:

Remember Sean, the basketball player? He reacted to Carl's putdowns by *acting out*.

• • • •

Carl:

Hey, check it out. (*to his friends*)

Hey, think fast, McNellis. Hey, way to slam it at practice yesterday. With a brilliant assist by Marcus here, that wall didn't know what hit it.

Marcus:

Carl, you ever get tired of hearing your own voice?

Carl:

Okay, okay, but remember? What a choke!

Sean:

Cut it out, man!

Carl:

Okay, okay, okay, but... air ball and into the wall!

Sean:

I said, cut it out!

Teammates:

Fight! Fight! Fight!

Mr. Perry:

Okay. The rest of you guys, get inside and warm up.

Mr. Perry:

Sean! Didn't I warn you about fighting?

Sean:

Yeah, coach, Carl started it.

Mr. Perry:

I don't care who started it. You're suspended from today's game... the two of you.

Carl:

Yeah, but coach...

Mr. Perry:

Let's go, boys.

• • • •

Host 1:

Bad news. Not exactly in control of his anger.

Host 2:

Did you catch Sean's *anger trigger* and *anger style*?

Host 1:

And the consequence? Let's go to the videotape.

• • • •

Host 2:

The trigger? Carl's putdowns.

Carl:

What a choke!

Sean:

Cut it out, man!

Carl:

Okay, okay, okay, but... air ball and into the wall!

Host 1:

The reaction? Sean *acted out*.

Sean:

I said cut it out!

Host 2:

The consequence? Suspension from the game.

Mr. Perry:

You're suspended from today's game... the two of you.

Carl:

Yeah, but coach...

Mr. Perry:

Let's go, boys.

• • • •

Host 1:

I'm not surprised that Sean got angry. But his reaction was to start a fight, and that only made things worse. Nothing was solved and Sean's still angry.

Host 2:

And that was only the beginning.

• • • •

Sean:

I'm out of the game.

Marcus:

I could hear.

Sean:

I don't believe this!

Marcus:

You should've thought of that before you lost it, Sean. When Carl starts in on you, why can't you just tune him out?

Sean:

I don't know.

Marcus:

Yeah, well, know this: we're down our two best players and we'll probably blow the whole game.

Teammate:

Now we're gonna get killed.

• • • •

Host 2:

Acting out, by fighting or by trying to get even, only makes people think you're trouble or out of control – basically someone to avoid.

Host 1:

If you can't control your anger, you can end up with a bad rep.

• • • •

Announcer:

Anger Style number two: "Displaced Anger" starring Vanessa Mitchell.

• • • •

Host 1:

Displaced anger is when you get mad at someone, but take it out on someone else.

Host 2:

It's like if you're angry at your parents for something, but snap at your best friend for no reason. Your friend's done nothing wrong, but you take it out on him because he's there and he's an easy target. That is *displaced anger*.

Host 1:

It's really an unfair thing to do. And it doesn't solve anything. Case in point, Vanessa Mitchell.

• • • •

Host 1:

There's a boy in Vanessa's class that she kind of likes. It's Marcus. But, she'd die if she thought he knew. So, Vanessa only told her friends Aimee and Maria.

• • • •

Aimee:

Hi. How was the test?

Maria:

It was okay.

Marcus:

Hey, Aimee. Maria.

Aimee:

Hi, Marcus.

Maria:

Oh, Marcus, are you coming to my party on Friday night?

Marcus:

Yeah... Sounds cool. But, I kind of told my older brother that I'd watch the game with him. You know, some of the guys are gonna be over.

Aimee:

So, come over after the game.

Marcus:

Not if it goes into overtime and then... you know.

Aimee:

But, Vanessa's gonna be there. And she'll be real disappointed if you don't show.

Marcus:

So, what time does the party start?

Maria:

Seven.

Marcus:

Yeah, okay. I'll be there.

Marcus:

Hi.

Vanessa:

Hi.

• • • •

Vanessa:

You guys, wait! You ready for Friday night?

Aimee:

Well, the question is, are you ready for Friday night?

Vanessa:

What?

Aimee:

Oh, there's my mom.

Vanessa:

Wait, wait, wait. What is up with you?

Aimee:

Marcus says he's coming to the party. And he wasn't going to until I told him you wanted him there. Bye.

Vanessa:

What did she say to him? Did you two tell Marcus I like him?

Maria:

Not me. All I asked was if he was coming to the party. Then, yeah, Aimee did kind of say you wanted him there.

Vanessa:

And you let her?

Maria:

What could I do? I didn't know what she was going to say.

Vanessa:

I thought you were my friends! How could you do that?

Maria:

Do what? I didn't do anything.

Vanessa:

Well, you should have. You should have stopped her.

Maria:

Well, what did you want me to do? Shove her into my locker?

Vanessa:

You are not my friend.

Maria:

Well, you don't have to come to my party.

• • • •

Host 1:

Okay, let's break it down.

Host 1:

The trigger? Hearing what Aimee told Marcus.

Aimee:

Marcus says he's coming to the party. And he wasn't going to until I told him you wanted him there. Bye.

Vanessa:

What did she say to him? Did you two tell Marcus I like him?

Host 2:

The reaction? Vanessa displaced her anger. She took it out on Maria.

Vanessa:

And you let her?

Maria:

What could I do? I didn't know what she was going to say.

Vanessa:

I thought you were my friends! How could you do that?

Host 1:

And the consequence? Maria got mad and let Vanessa have it.

Vanessa:

You are not my friend.

Maria:

Well, you don't have to come to my party.

• • • •

Host 2:

Nothing solved here. Just friends mad at each other.

• • • •

Announcer:

Anger Style number three: "Ignored Anger," starring Matt Vogel.

• • • •

Host 2:

When you hold your anger inside or, even worse, pretend to yourself that you're not mad, that's called *ignored anger*.

Host 1:

Ignoring or avoiding your anger leads mostly to things that can hurt you.

Host 2:

That's what Matt found out.

Host 2:

Matt really wanted to get a good part in this year's school show. So, he worked extra hard on his audition song and tried out for the lead.

• • • •

Host 2:

When the cast list went up, Matt's name was on it, but in a much smaller part.

Matt:

Harvey Johnson?

Aimee:

Who's Harvey Johnson?

Carl:

Isn't that the "doofus" role? Nice going, Vogel.

Maria:

Oh, cut it out, Carl.

Mrs. Stratton:

Matt, can I speak with you for a minute?

Matt:

Sure.

Mrs. Stratton:

I just want you to know, I think you did great at auditions. In fact, you made my decision very difficult. It was between you and Michael Banks, and since he's new to the school, I thought we should cut him a break. Maybe he'll make some new friends... hmm?

Matt:

Sure. Great.

Mrs. Stratton:

Thanks, Matt. Good work.

• • • •

Maria:

Matt, you must be so mad. I mean, you killed yourself for that lead.

Matt:

Yeah, well what can you do?

Maria:

I can't believe you're not mad. I'd be fuming!

Matt:

Whatever.

• • • •

Mrs. Stratton:

Everyone on stage. Let's hurry up. This is our last rehearsal. Everyone looks terrific...

Maria:

I just love dress rehearsals. I'm so pumped. You look down. You've been moping around for days. What's wrong?

Matt:
Nothing.

Maria:
Oh, come on. Let's go. We've got to get to position.

• • • •

Aimee, Maria & Pam:
Conrad Birdie! Conrad Birdie! Conrad Birdie!

Mrs. Stratton:
Everybody freeze! Matt, downstage!

Aimee:
No. I'm okay, Mrs. Stratton, really.

• • • •

Matt:
I'm sorry.

Mrs. Stratton:
I know you're sorry, but it's the last day of rehearsal. You really should have your lines and blocking down cold. You didn't have that much to learn.

Matt:
Tell me about it.

Mrs. Stratton:
Look, once you accept a part, I expect you to focus.

Matt:
Yeah? Well, then, give it to someone else, 'cause I quit!

• • • •

Host 2:
Matt was angry that he didn't get the part he wanted. But he bottled up his anger and look where it led.

Host 2:
The trigger? Mrs. Stratton's casting decision.

Mrs. Stratton:

It was between you and Michael Banks, and since he's new to the school, I thought we should cut him a break. Maybe he'll make some new friends... hmm?

Host 1:

The reaction? Matt ignored his anger and got kind of down and mopey.

Maria:

You look down. You've been moping around for days. What's wrong?

Matt:

Nothing.

Host 2:

And, the consequence? He lost it at the worst possible time.

Matt:

Yeah? Well, then, give it to someone else, 'cause I quit!

• • • •

Host 2:

When you ignore your anger, it can come out in other ways.

Host 1:

They could be physical, like headaches or stomachaches.

Host 2:

Or emotional, like anxiety or depression.

Host 1:

Or you could just bottle it up and finally explode, like Matt did.

• • • •

Host 2:

Instead of solving your problems, these anger styles only make things worse.

Host 1:

The truth is, if you don't deal with your anger constructively, people are going to start to think less of you.

Host 2:

And when that happens, it gets harder and harder to have a good opinion of yourself and that's really important.

Host 1:

Okay. Time to wrap it up with our very own A.D.O.R.

• • • •

Music Video:

T.A.C.

Your mind is so deep, you got it all up there on file.
Its time to pull some out, let's go through your anger styles.
There's always consequences, some bad, like acting out.
You might get yourself in trouble, use your brain, no doubt.
Don't react out of hand, stay calm, you can
Stop and think it through then you take a better stand.

Take your problems out on people, that leaves a bad taste.
That style is displaced anger and that's just a waste,
Of your time and good friends remember, know your anger cues.
You gotta get it out, ignored anger, please don't choose.
Always own your anger, it helps you keep your senses.
Remember what we say, behavior has consequences.

So hold your head high, make a smile from a frown
Get down with T.A.C. and spread the message all around
I'm in control. I'm in control.

• • • •

Host 1:

Okay, time for another station break so you can take a look at your own anger styles.

Announcer:

Stay tuned to The Anger Channel. We'll be right back

Pause for "Anger Styles & Consequences" Handouts.

Part 3: Dealing With Anger

Announcer:

You're tuned to The Anger Channel.

• • • •

Host 1:

Okay, when you know your *anger triggers* and *anger cues* it's easier to deal with your feelings and reactions because you know what's causing them.

Host 2:

And knowing how you react— your *anger styles*...

Host 1:

And what it can lead to— *the consequences*— gives you a better chance of handling your feelings because you know what's coming and you can do something about it.

Host 2:

That's what we're up to right now. Dealing with angry feelings.

• • • •

Announcer:

Coming up on The Anger Channel it's "Deep Feelings." Hey, I get mad. You get mad. But, we know that's... okay.

• • • •

Host 2:

Sean, Vanessa, and Matt all have a hard time dealing with their anger.

Host 1:

When Carl put Sean down, he lashed out.

Host 2:

When Aimee embarrassed Vanessa, she dumped her anger on Maria.

Host 1:

When Matt felt he was getting a raw deal, he bottled up his anger, got depressed, and then went ballistic.

• • • •

Host 2:

But, there are strategies that could have helped them handle their angry feelings.

Host 1:

For one thing, when you feel mad, it helps to cool off. Try taking a break so you can calm down. Put some time between feeling mad and taking action. Count to ten or walk away if you have to.

Host 2:

Use your *anger cues*— your physical changes— to help you focus or regroup. For instance, if you feel your face getting hot or you start talking really, really fast, just stop and take a few breaths. Or pick something to look at for a few seconds.

Host 1:

While you're chilling your body out, you can also clear your head by using what's called Calming Self-Talk.

Host 1:

Here's how it works. Instead of letting your head fill up with negative thoughts, like, "What a jerk," or "I'll show him," or "Everything is ruined."

Host 2:

Try thinking positively, like "I can handle this." "You know, just calm down." "It's not so bad."

Host 1:

Let's start with Vanessa, and see how she could have handled her anger.

• • • •

Aimee:

Well, Marcus says he's coming to the party. And he wasn't going to until I told him that you wanted him there. Bye.

Vanessa:

What did she say to him? Did you two tell Marcus I like him?

Maria:

Not me. All I asked was if he was coming to the party. Then yeah, Aimee did kind of say you wanted him there.

Maria:

I mean, she just did it, okay? It's not like I could stop her.

Vanessa: *(to herself)*

Okay. Chill. I can deal with this.

Maria:

Look, I didn't say anything. I promise.

Vanessa:

Look, I just, I just gotta think this through. Okay?

Maria:

Okay, bye.

Vanessa:

Bye.

• • • •

Host 1:

Instead of jumping all over Maria, Vanessa concentrated on calming herself down. That gave her a chance to think – to size up the situation.

Host 2:

Vanessa put it down on paper. That helped her sort out how she was really feeling.

Host 1:

And, it bought her the time to think about how to work out her anger.

• • • •

Vanessa:

Aimee? We need to talk.

Aimee:

Why? What's wrong?

Vanessa:

Well, I felt really embarrassed that you told Marcus that I wanted him to come to the party, and I am really mad at you.

Aimee:

I was only trying to help out. I knew how you wanted him there.

Vanessa:

But I swore you to secrecy about me liking Marcus. How can I ever trust you again?

Aimee:

Vanessa, I am really sorry. I messed up big time. I didn't mean to hurt your feelings. And I promise this will never happen again. Still friends, please?

Vanessa:

Okay, still friends.

• • • •

Host 1:

Nice. It's good to tell how you feel to the person who's making you angry.

Host 2:

It can help you get your angry feelings out and it lets the other person know how you feel.

Host 1:

That may help them change what they do. That's what you're really after.

• • • •

Host 2:

You know, sometimes anger can be channeled into a change for the better.

Host 1:

You can take action to turn your angry feelings around. Do something positive. Try an activity that makes you feel good about yourself and your abilities.

Host 2:

Check out what Sean could have done.

• • • •

Carl:

Hey, check it out. (*to his friends*)

Hey, think fast, McNellis. Hey, way to slam it at practice yesterday. With a brilliant assist by Marcus here, that wall didn't know what hit it.

Marcus:

Carl, you ever get tired of hearing your own voice?

Carl:

Okay, okay, but choke!

Sean:

Whatever.

Carl:

Hey, McNellis, I'm talking to you. McNellis!

• • • •

Host 2:

Sean felt his muscles tense, which cued him that he was getting mad. So, he walked away, and then, poured his angry energy into warming up instead of fighting.

Host 1:

And it paid off.

• • • •

Marcus:

Sean, man, you were in "the zone." Right, Carl?

Carl:

Yeah, good game.

Marcus:

Man, I've never seen you rebound like that before.

Mr. Perry:

Good game all around, boys. And especially for Mr. McNellis.

• • • •

Host 1:

Way to go, Sean. Sean couldn't change Carl, but he could change his reaction. And it worked out.

Host 2:

Another way of cutting your anger down to size is to talk it out with a friend or an adult that you trust. Explain how you feel about the situation, as calmly as you can. Watch how it helped when Matt talked it out with Maria.

• • • •

Maria:

Matt, this is totally unfair. You must be so mad. You killed yourself for that lead!

Matt:

What can you do?

Maria:

I can't believe you're not mad. I'd be fuming!

Matt:

Yeah, I... You're right, it's the worst. I don't want to play that other part.

Maria:

So, you don't have to do it.

Matt:

I guess not.

Maria:

Not if you're gonna be miserable, and tons of other kids'll take it. Just talk to Mrs. Stratton.

Matt:

You think?

Maria:

Yeah.

• • • •

Host 2:

Talking with Maria convinced Matt to do something about his feelings instead of ignoring them.

• • • •

Matt:

Mrs. Stratton? Could I talk to you for a second?

Mrs. Stratton:

Sure, Matt.

Matt:

I'm really mad that I didn't get the part, after I've worked so hard and all. And you said I was good. I guess I just don't think it was fair.

Mrs. Stratton:

I can understand that. I really want to give Michael a chance. But, you're very good, Matt. And there are going to be other shows.

Matt:

Yeah, but I really don't want this part. I guess I just don't want to be in the show.

Mrs. Stratton:

Look, Matt, that would really be too bad. But I won't give you a hard time if you decide you want to drop out. Just take a day to think about it, okay?

Matt:

Okay, thanks.

• • • •

Host 1:

Sometimes you get into a situation that can't be resolved. When that happens, make the choice to accept that anger isn't going to change anything. It's tough, but that's life.

Host 2:

Matt's honesty might not have changed the situation, but he handled his anger and dealt with his problem. His anger didn't control him.

• • • •

Host 1:

Okay, we've talked about how to handle your own anger, But how do you handle someone else's? I mean, when someone's mad at you?

• • • •

Announcer:

Next, on The Anger Channel it's the true story... of actual kids... who stop being polite... and come at you, like, all angry, dude... in the real world... *The Real Mad World*.

• • • •

Host 1:

Aimee was on a committee at school that was earning money for a class trip. And she'd been assigned to a pretty important job.

She was in charge of placing an order for tee-shirts the committee was planning to sell as the final "push" to raise funds. Only something went wrong with the order.

• • • •

Aimee:

Hi. Are these the tee-shirts?

Tony:

Aimee, you messed up big time!

Aimee:

Why? What did I do?

Tony:

The shirts were supposed be in the school colors: red shirts, white letters.

Tony:

But, you didn't check the colors off. So, we got white shirts with black letters.

Aimee:

That's impossible! Oh, no, I sent in the scratch copy instead of the final form. These are just my notes.

Tony:

Great! We spent all the money we made from the bake sale and the car wash on these stupid shirts! We are down to nothing, thanks to you!

• • • •

Host 1:

When you're up against an angry person, the first move is the same as when you're dealing with your own anger: stay in charge.

Host 2:

Try to help them to cool down. If it's your fault, say you're sorry. Apologizing ought to help.

Host 1:

Next, put the focus on solving the problem. If they seem willing to work out the problem, great, go for it.

Host 2:

Ask them for their ideas first. If they're busy solving the problem, they won't have time to think up new ways to take it out on you.

Host 1:

If they can't, or won't, come up with anything, try tossing out your own ideas until you hit on something you both can live with.

• • • •

Aimee:

Tony, I am really, really sorry. It was an accident.

Tony:

Aimee, that's not gonna cut it.

Aimee:

I know. I should have paid closer attention. Is there anything we can do?

Tony:

Well, we can't fix them.

Aimee:

Do you think we could still sell them?

Tony:

Who's going to want white shirts? I mean, even if we dye them or something, we could only have one of the school colors.

Aimee:

Or maybe...

Tony:

What?

Aimee:

Down in Art, we did that tie-dye project last month, remember?

Tony:

Yeah, so?

Aimee:

Well, how about if we did that?

Tony:

Yeah, that could work. And tie dye is even better. Hey, guys, how about we tie dye the shirts?

• • • •

Host 1:

Let's go through that one more time. Since it was Aimee's fault, she made it a point to apologize. That helped take the edge off Tony's anger.

Aimee:

Tony, I am really, really sorry. It was an accident.

Host 2:

Then, Aimee got Tony involved in solving the problem by asking him what he thought they could do.

Aimee:

Is there anything we can do?

Host 1:

That got Tony thinking about something other than how mad he was.

Tony:

Who's going to want white shirts? I mean, even if we dye them or something, we could only have one of the school colors.

Host 2:

Which led the both of them to a solution.

Tony:

Yeah, that could work. And tie dye is even better. Hey, guys...

Host 1:

Just remember, even when you're not at fault, you're shooting for the same goal: a win-win solution.

• • • •

Host 2:

Learning how to handle your anger is just like anything else: it takes practice.

Host 1:

Okay, it's time to Wrap It Up with The Anger Channel's very own A.D.O.R.

• • • •

Music Video:

Let's get right to the point, own your anger all the time.

Always cool off, take your time, use your mind.

You could always walk away, count to ten, calm yourself.

Take a deep breath, that's even good for your health.

Calming self-talk, see, you know what's best for you.

When you cool off, the right thing, then you can do.

Time to think it through, put it all down on some paper,

Talk it out with a friend, your family, your favorite neighbor.

Always keep it real, tell how you feel.

Take positive action, that's the deal.

Sometimes things happen that we want to rearrange.

Even though sometimes it's hard, accept what you can't change.

Stay calm, stay in charge, when you're wrong, apologize.

It makes you feel good, soon you realize.
Focus on the problem, toss out the ideas.
Soon you'll find the answer that makes it all clear — T.A.C.

• • • •

Host 2:

Now it's time for a station break.

Host 1:

Why don't you try your hand at handling anger? Then, we'll stop back and we'll wrap it *all* up.

• • • •

Announcer:

Yeah, yeah, yeah. We'll be right back. How many times am I gonna have to say that?

Pause for "Dealing With Anger" Handouts.

Part 4: Wrap -Up

Announcer:

You're watching The Anger Channel. And now it's time for the big "Rap Up."

• • • •

Host 2:

It's time for the final "Rap Up."

Host 1:

And now one more time, A.D.O.R.

• • • •

Music Video:

Let's sum it all up. Let's get this started.

Don't worry anger's normal.

When people get on you, they're rude, even the storm will

Make you mad this happens every day.

That's why T.A.C. is here to show you the way.

To keep yourself together, to learn how to figure

What makes your blood boil, to know your anger triggers.

With A.D.O.R. it's time to roll, we'll all learn self control

To make a better you, diggin' out of every hole.

When your heart starts thumpin', your hands start to sweat,

Recognize your anger cues and try not to let

To lose it altogether you don't have to scream and shout

To say I got this in control and start to work it on out.

Your mind is so deep, you got it all up there on file.

It's time to pull some out, let's go through your anger styles.

There's always consequences, some bad, when acting out.

You might get yourself in trouble, use your brain, no doubt.

Don't react out of hand, stay calm, you can

Stop and think it through then you take a better stand.

Take your problems out on people, that leaves a bad taste.

That style is displaced anger and that's just a waste,

Of your time and good friends remember, know your anger cues.

You gotta get it out, ignored anger, please don't choose.

Always own your anger, it helps you keep your senses.

Remember what we say, behavior has consequences.

So hold your head high, make a smile from a frown
Get down with T.A.C. and spread the message all around
I'm in control. I'm in control.

Let's get right to the point, own your anger all the time.
Always cool off, take your time, use your mind.
You could always walk away, count to ten, calm yourself.
Take a deep breath, that's even good for your health.

Calming self-talk, see, you know what's best for you.
When you cool off, the right thing, then you can do.
Time to think it through, put it all down on some paper,
Talk it out with a friend, your family, your favorite neighbor.

Time to keep it real, tell how you feel.
Take positive action, that's the deal.
Sometimes things happen we want to rearrange.
Even though sometimes it's hard, accept what you can't change.
Stay calm, stay in charge, when you're wrong, apologize.
It makes you feel good, soon you realize.
Focus on the problem, toss out the ideas.
Soon you'll find the answer to make it all clear – T.A.C., T.A.C., T.A.C.

• • • •

Host 1:

By choosing to handle your anger, you take responsibility for yourself and how others see you.

Host 2:

And that puts you in control.

• • • •

Announcer:

Thanks for watching The Anger Channel. And don't forget to visit the T.A.C. website at Mad - dot - Com - dot - Down – get it? Calm down? Anyhow, more non-stop irritation comin' at ya on the world's first network devoted to anger 24 hours a day. Trust me, it's a great place to get rid of a grudge.

The End



Table of Contents

Anger Triggers & Anger Cues

How Would You Feel?	Handout 1
What Makes You Angry?	Handout 2
What Can Lead to Anger?	Handout 3
Feelings Are Different From Actions	Handout 4
How Angry Would You Get?	Handout 5
Signals From Inner Space	Handout 6

Anger Styles & Consequences

Escalating Anger	Handout 7
What's Your Anger Style?	Handout 8
What Will Happen Next?	Handout 9
Anger and Other Feelings	Handout 10
Anger Consequences Role Plays	Handout 11

Dealing With Anger

Dealing with Anger	Handout 12
Practice Self-Talk	Handout 13
Ask Questions to Get the Facts	Handout 14
Talking It Through	Handout 15
Tell How You Feel	Handout 16
Putting Anger to Good Use	Handout 17
I Can Deal With Someone's Anger	Handout 18
Handling Someone Else's Anger	Handout 19
Anger Rap Up	Handout 20



How Would You Feel?

Read each of the following situations. Write down a word or words that describes how you would feel. Remember, when it comes to feelings, there is no right or wrong answer, and you may feel more than one feeling.

- _____ 1. Your friend promised to save you a seat at assembly. When you went into the auditorium, the seats on either side of her were taken.
- _____ 2. You went rollerblading for the first time. You fell a lot but you had fun.
- _____ 3. You didn't finish your assigned reading and the teacher called on you first to discuss it.
- _____ 4. Your best friend got a higher grade on the math test than you did, even though you studied together.
- _____ 5. You need one more book to finish your science project. When you go to the library, you find it's already checked out.
- _____ 6. Your father promised he'd be at your game. Then he called and said he had to work late and couldn't make it.
- _____ 7. Your aunt and two-year-old cousin are visiting. While you are at school, your cousin rips your favorite poster off your bedroom door.
- _____ 8. Your story is going to be on the front page of the school paper.
- _____ 9. Your friend lent you a videotape and your VCR ate the tape.
- _____ 10. You're at home by yourself when the power goes out.

Here is a list of common feelings. Pick one or more for each answer, or make up your own.



afraid	brave
sad	disappointed
excited	proud
suspicious	embarrassed
ashamed	guilty
jealous	unloved
happy	angry
sorry	regretful
annoyed	bored
shy	proud
confused	nervous
foolish	silly
frustrated	worried
surprised	ignored
left out	upset
hurt	loving
depressed	anxious
stressed out	joyful



What Makes You Angry?

What triggers your anger? For each example below, circle the letter that best describes how you would feel in that situation.

1. You have the highest average on social studies tests, but when report cards are handed out, the teacher gives someone else a higher grade than you because he participates in class more than you do.
a. not at all angry b. somewhat angry c. very angry
2. Your brother bumps your arm while you reach for something at the dinner table, and you knock over a pitcher. The pitcher breaks and you get blamed.
a. not at all angry b. somewhat angry c. very angry
3. Your best friend has a secret that she tells to two other friends but not to you.
a. not at all angry b. somewhat angry c. very angry
4. A classmate spills juice on your homework and the teacher says it's too sloppy to hand in.
a. not at all angry b. somewhat angry c. very angry
5. One of your friends is so bossy that she insists on telling you who to invite to *your* birthday party.
a. not at all angry b. somewhat angry c. very angry
6. A kid in the park insults your best friend.
a. not at all angry b. somewhat angry c. very angry
7. Someone in your class spreads a rumor about you.
a. not at all angry b. somewhat angry c. very angry



8. Your older sister keeps interrupting you when you're trying to tell your mom something.
- a. not at all angry b. somewhat angry c. very angry
9. You tell a friend a secret and then learn he has told it to others.
- a. not at all angry b. somewhat angry c. very angry
10. You let your brother borrow your new digital watch, and the next day he doesn't let you use his video game.
- a. not at all angry b. somewhat angry c. very angry
11. At the pizza place, you have to wait ten minutes before your order is taken because the man behind the counter has served two people who came in after you.
- a. not at all angry b. somewhat angry c. very angry
12. You're crossing the street and a car honks at you as if you've done something wrong, but you have the right of way.
- a. not at all angry b. somewhat angry c. very angry

Think About It

What else makes you angry?

1.

2.

3.



What Can Lead to Anger?

Sometimes people get angry when they feel embarrassed, frustrated, or left out.

1. What makes you feel embarrassed?

2. What makes you feel frustrated?

3. What makes you feel left out?

Now Turn the Page Over

Write about a time when you got angry because you felt either embarrassed, frustrated, or left out.



Feelings Are Different From Actions

Feelings are not the same as actions, but feelings often lead to actions. Although you can't control how you feel, you can learn to control how you act.

For each example below, underline the word or words that describe the feeling of the person whose name appears in **bold** letters. Then circle the words that describe the action caused by the feeling.

1. **Alex** was disappointed when he wasn't invited to Max's party. When Max asked him for help with his homework, Alex said no and walked away.
2. **Tanika** decided to ignore her friends because she was hurt when they didn't congratulate her after her piano recital.
3. **Hector** was unable to do his math homework. He became frustrated and slammed the book down on the table.
4. **Nina** tripped as she came onto the stage during a class play. She continued to play her part as if nothing had happened, even though she was embarrassed.
5. **David** was terribly jealous when he found out that his friend Michael got a drum set for his birthday. David tried hard to look happy and told Michael he wanted to hear him play.

Now Turn the Page Over

Write about a situation in which a feeling that you had caused you to do something.



How Angry Would You Get?

Picture yourself in each of the following situations. Check the box that best describes how angry you would get.

Not
at all a little very

- 1a.** Your best friend won two tickets to a basketball game and invited someone else to go along.
- 1b.** Someone in your class won two tickets to a basketball game and invited someone else to go along.
- 2a.** Your friend tries hard, but has trouble with math. You saw someone teasing him because he got a problem wrong in class.
- 2b.** Your friend gets the highest grades in math class. You saw someone teasing him because he got a problem wrong in class.
- 3a.** Your dad was in a bad mood and wouldn't let you invite your friend over to your house.
- 3b.** Your dad was feeling sick and wouldn't let you invite your friend over to your house.
- 4a.** As you were crossing the street, a bicycle rider ignored a red light and nearly hit you.
- 4b.** As you were crossing the street, a bicycle rider frantically yelled "Watch out," skidded, and nearly hit you.
- 5a.** You cleaned up the den but your sister messed it up. Your mom scolded you for leaving the den messy.
- 5b.** You kept putting off cleaning the den. Your mom scolded you for leaving the den messy.

Think About It

In each pair, something is different.

Did that change how you would feel?

Discuss your answers.



Signals From Inner Space

When we get angry, our bodies react. These reactions are called anger cues. Recognizing and listening to our anger cues can help us head off trouble before it starts. Put a check next to the anger cues you have when you get angry.

Anger Cues

_____ Your heart beats faster. You can feel it pounding.

_____ Your breathing is faster.

_____ Your face gets flushed.

_____ You feel jumpy, as if you have to take action.

_____ You get an upset stomach.

_____ Your muscles tense.

_____ You clench your fists or teeth.

_____ You speak faster and louder than normal.

_____ You suddenly feel hot or cold.

Think About It

Do you have other anger cues?

Anger Styles & Consequences



Escalating Anger

Have you ever had a day or a week where everything seemed to get you angry, and things kept getting worse instead of better? Write about a time when this happened to you.

1. First, I got angry because:

2. Then, I got angry because:

3. Finally, I lost it when:

4. I reacted to my anger by:



What's Your Anger Style?

Imagine yourself in each of the following situations.

Circle the response that best matches how you might react.

1. On a visit to your cousin's, your older sister and cousin are playing a card game. When your cousin asks you to play, your sister says you don't play this game very well. You:
 - a. **scream at your sister, calling her a fool.**
 - b. **go into the room where your little brother is watching TV and change the channel without asking.**
 - c. **go into another room and look for something else to do.**
 - d. **take your sister aside and tell her that what she said hurt your feelings.**
2. The basketball championships are on TV on Saturday afternoon when you usually do your chores. You ask your mom if you can skip your chores this week so you can watch the game. She tells you, "No, the chores must be done." You:
 - a. **blow up at your mom, and tell her you'll be the only kid in your class who misses the game.**
 - b. **kick your sister's bike as you take out the garbage.**
 - c. **try to forget about the game.**
 - d. **ask your mom if you can do the chores after the game.**
3. You are wearing an outfit to school for the first time. At lunch, your friend throws some food at another kid across the table. It gets on your outfit and you know the stain won't come out. You:
 - a. **spill juice on your friend's shirt.**
 - b. **storm out of the lunchroom and knock over a younger kid's milk on purpose.**
 - c. **quietly clean the stain off as best you can.**
 - d. **take time to calm down, then after lunch tell your friend that her carelessness and bad judgment ruined your outfit.**
4. During your solo in the band concert, you hit a few wrong notes. After the concert some kids make fun of your playing. Among them is your best friend. You:
 - a. **kick your friend's instrument case and it goes flying.**
 - b. **make fun of a beginner who didn't have a solo.**
 - c. **walk away and try to forget about the whole thing.**
 - d. **wait until the other kids have left, then tell your friend how bad he made you feel.**



5. You invite your friend to the movies. He says he can't come because he has to go somewhere with his mom. You go to the movies anyway and see your friend there with another kid. You:

- a. go up to your friend, call him a liar, and say you never want to see him again.
- b. make noise and loud comments all through the movie.
- c. decide not to say anything about it to your friend and try to forget the whole thing.
- d. call your friend later on and ask for an explanation.

6. Jane shows up at Keesha's party wearing the same sweater as you. Jane was with you when you bought it and knew you'd be wearing it to the party. You:

- a. blow up at Jane and tell her she's not your friend.
- b. snap at Keesha when she tells you how nice you look.
- c. try to hide how upset you are and go on with the evening.
- d. take a few deep breaths, then tell Jane you're embarrassed and ask why she wore the same sweater.

Count the number of times you selected each letter. Write the number on the line next to each letter.

a's	_____	Act out your anger	c's	_____	Ignore your anger, or keep it bottled up
b's	_____	Displace your anger	d's	_____	Try to solve the problem



The letter you picked most indicates how you usually react when you get angry.

This is your "anger style." If you picked mostly:

a's: You explode when you get angry. You need to learn to calm down and think of effective ways to express your anger.

b's: You tend to take out your anger on someone else. You need to learn to express your anger to the person who makes you angry.

c's: You have trouble expressing your anger, or you ignore it. You need to learn to accept and deal with your angry feelings to make yourself feel better.

d's: You know that handling your anger and then trying to solve the problem is the best way to deal with your angry feelings.



What Will Happen Next?

How you behave when you are angry can make the situation better or worse. What you do has consequences. What are the likely consequences in each of these situations? Circle **a**, **b**, or **c**.

- 1.** Jake lets Ellen borrow his portable CD player. When she returns it, one of the speakers is out. Jake is so angry that he breaks Ellen's CD in half and calls her an idiot. What will happen next?
 - a.** Ellen will get angry and tell Jake to replace her CD or else.
 - b.** Ellen will say she is sorry.
 - c.** Ellen will offer to have the speaker replaced.

- 2.** At a school dance, Jonathan is sitting alone. When Jonathan's best friend Matthew walks in, a group of kids invites Matthew to sit with them. Matthew does and pretends not to notice that Jonathan is sitting by himself. That evening Jonathan calls Matthew and calmly tells him that he feels hurt and angry that Matthew ignored him. What will happen next?
 - a.** Matthew will get angry, and tell Jonathan he doesn't want to be his friend anymore.
 - b.** Matthew will realize Jonathan must have felt left out, say he is sorry, and behave differently the next time a situation like this occurs.
 - c.** Matthew will think that Jonathan is too sensitive and will like him less.



- 3.** Allison has started oil-painting in Art. She wants to set up an easel in her bedroom, but her mother says she can't because she will splatter and drip paint. Later, Allison knocks over the puzzle her younger brother has been working on for a week. What will happen next?
 - a.** Allison's mother will try to come up with alternate places where Allison can paint.
 - b.** Allison's brother will help her hang some of her paintings.
 - c.** Allison's mother will get angry and punish her.

- 4.** Carlos plays baseball. He asks his friends to watch him play, but they arrive late and miss his home run. Carlos is hurt and angry, but he pretends not to care. What will happen next?
 - a.** Carlos will find out that his friends were late because of traffic and they are sorry they missed his home run.
 - b.** Carlos will stop talking to his friends without giving them an explanation.
 - c.** Carlos's friends will get angry at him and tell him they weren't interested in his game anyway.


Think About It

Think about a time that you became angry.

Write a short description of what happened.

How did you react? What was your anger style?

What was the consequence of your behavior?

 *Use the back of the page if necessary.*



Anger and Other Feelings

Sometimes anger is accompanied by other feelings. Write about a situation that made you angry.

1. Describe the situation that triggered your anger:
2. In addition to anger, what other feelings did you experience?
3. How did you react?
4. What were the consequences of your reaction?
5. What part did your other feelings play in this situation?



Anger Consequences Role Plays

Choose class members to play the role of each character in the stories below. Act out each scene three times. Have the person who is angry: 1) act out anger; 2) displace anger; 3) ignore anger.

1. Lois loans her friend Kristin an old book that belonged to her grandmother. The binding has started to break, so Lois tells Kristin to be very careful. When Kristin returns the book a week later, many of the pages have come loose. Jessica tells Lois that Kristin tied the book to the back of her bicycle and it had fallen off. Lois is angry.
2. Jim and Kumar go to the movies. Jim doesn't like the movie and talks continuously. Kumar asks him to stop talking, as do the people sitting nearby. Finally, the manager asks both Jim and Kumar to leave. Kumar is angry.
3. Bianca tells her best friend, Amelia, which video game she wants most for her birthday, and Amelia says she'll get it for her. When Bianca's parents ask her what she wants, she chooses something else. But when Bianca opens Amelia's present, it is a book, not the video game Bianca is expecting. Bianca is disappointed and angry.

Talk About It

Discuss how people react to anger differently, even in the same situation.

What was the consequence of each anger style?

How did each person feel at the end of the scene?



Dealing with Anger

You can handle your angry feelings:

1. Cool off, stay calm.

- ⊗ Count to ten.
- ⊗ Walk away.
- ⊗ Take a deep breath.
- ⊗ Use calming self-talk.

2. Give yourself some time to sort things out.

- ⊗ Write the problem down on paper.
- ⊗ Think it through.
- ⊗ Talk it over with a friend or adult you trust.

3. Turn your angry energy into a change for the better.

- ⊗ Tell how you feel to the person making you angry.
- ⊗ Channel your angry energy into a physical activity.
- ⊗ Try to solve the problem.
- ⊗ Try to accept situations you can't change.



Practice Self-Talk

It's important to calm yourself down when you get mad. One way to cool off and clear your head is through calming self-talk.

Here are some phrases that can help you before you get angry, when you're angry, and after you've tried to work through your anger.

1. Getting ready to deal with Anger Triggers.

This is going to upset me, but I can handle it.

I have a plan to deal with this.

If I feel myself start to get angry, I know what to do – calm down and remember my plan.

I won't overreact. This isn't so bad.

This could be complicated but I can cope.
I trust myself.

2. What to tell myself when I'm angry.

Just count to 10 before you say anything.

Okay, don't blow this out of proportion.

Listen and cooperate.

If I lose control, things will only get worse.

Tell how you feel. Show respect.

I can work it out.

Calm down. Take a few breaths.

My muscles are tense, just relax.

Speak slowly, speak softly – take your time.

Okay, think it out.

3. Once it's over, think about it.

If I didn't work through my anger:

This is going to take a little time.

Things could be worse.

Relax.

I did much better than last time.

This takes practice.

If I worked through my anger:

I handled that well.

Good job.

I got through it without losing control.

It works out better when I stay calm.

I'm getting better and better at this.

I'm proud of myself.

Ask Questions to Get the Facts

It's important to know all the facts before expressing your anger. Imagine yourself in each of the following situations. For each one, think of a question you could ask to get the facts.

1. Renee and Judy were supposed to meet you at your house at 11:30 a.m. and then go to the park for a picnic. By 12:15 neither Renee nor Judy had arrived, so you phone Renee's house. Renee's mother tells you she dropped Renee and Judy at the park at 11:30 with the fixings for a picnic. You are angry. You ask Renee and Judy...

2. You see your friend Rob hanging out in front of Amy's locker after school. The next day Amy is really upset and tells you that someone broke into her locker. You immediately suspect Rob. You are angry. You ask Rob...

3. After school you see your younger brother looking through some papers on the kitchen table. The next day you can't find the book report you were working on. You ask him if he has seen it on the kitchen table and he says no. An hour later, you find the report on his desk. Now there isn't enough time to finish it. You are angry. You ask your brother...



Talking It Through

Write about a time that you coped with anger by talking to an adult. Describe what made you angry, whom you spoke to, and whether talking it out changed how you felt.

Write about a time that you coped with anger by talking to someone your own age. Describe what made you angry, whom you spoke to, and whether talking it out changed how you felt.

Think About It

Did the other person understand your feelings?

How did talking it through make you feel?

Tell How You Feel

Telling someone how you feel does not mean acting out. Read each of the following situations. First, write down how the angry person acts out his or her anger. Choose from the list below. Then, write down how the angry person could have expressed his or her feelings without name-calling, blaming, threatening, or insulting.

Acting out anger:

name-calling

blaming

threatening

insulting

1. Tina and Marcy are teammates in a math tournament. They're about to make the finals when Tina, in a moment of nervousness, gives the wrong answer to an easy question and they are eliminated. Marcy tells Tina that she doesn't have what it takes to perform under pressure.

Marcy acts out her anger by: _____

Marcy could tell Tina: _____

2. Shawn notices that his brother Damon is being rough and careless with his new Walkman. Shawn had let him use it on the condition that he handle it carefully. Shawn tells Damon that if he breaks the Walkman, he'll destroy Damon's new video game.

Shawn acts out his anger by: _____

Shawn could tell Damon: _____

3. Kevin is playing against Jared in a chess game. Kevin picks up a piece to move it, and then, deciding to move another piece, puts it back down. Jared is sure Kevin has returned the piece to the wrong square and calls Kevin a cheater.

Jared acts out his anger by: _____

Jared could tell Kevin: _____

4. Kira and Stephan are having pizza at the local pizza place. Kira has to phone home and asks Stephan to watch her things. While she's on the phone, Stephan sees a friend at the next table. He goes over to chat. When Kira comes back, she realizes that her new gloves are missing. She tells Stephan it's his fault that the gloves are missing.

Kira acts out her anger by: _____

Kira could tell Stephan: _____

Putting Anger to Good Use

Sometimes anger gives you energy to make things better. Have you ever put anger to good use? Write about it by filling in the blanks. Then interview a friend and find out what he/she did.

1. I was angry at _____

because he/she _____

I handled my anger by _____

Things changed after that. From that time on _____

2. My friend _____

was angry at _____

because he/she _____

The way my friend handled his/her anger was to _____

Things changed after that. From that time on, _____

Think About It

Were your reactions the same? Different?



I Can Deal With Someone's Anger

Write about a time that someone got angry at you.

_____ got angry at me because

Here's what I did: _____

If this situation were to happen again I might handle it differently. Here's what I might do: _____



Write about a time that someone got angry at you.

_____ got angry at me because

Here's what I did: _____

If this situation were to happen again I might handle it differently. Here's what I might do: _____

Remember, you can:

Stay calm.

Stay in charge.

Apologize if it's your fault.

Focus on the problem.

Toss out ideas.

Handling Someone Else's Anger

Let's revisit some kids from Handout 9, *What Will Happen Next?* This time, think about how to handle another person's anger. After you have written your answers, share them with your classmates to see what they came up with.

1. Jake lets Ellen borrow his portable CD player. When she returns it, one of the speakers is out. Jake is so angry that he breaks Ellen's CD in half and calls her an idiot. What can Ellen do?
2. At a school dance, Jonathan is sitting alone. When Jonathan's best friend Matthew walks in, a group of kids invites Matthew to sit with them. Matthew does and pretends not to notice that Jonathan is sitting by himself. That evening Jonathan calls Matthew and calmly tells him that he feels hurt and angry that Matthew ignored him. What can Matthew do?
3. Allison has started oil-painting in Art. She wants to set up an easel in her bedroom, but her mother says she can't because she will splatter and drip paint. Later, Allison knocks over the puzzle her younger brother has been working on for a week. What can Allison's brother do?
4. Carlos plays baseball. He asks his friends to watch him play, but they arrive late and miss his home run. Carlos is hurt and angry, but he pretends not to care. What can Carlos' friends do?



Anger Rap Up

Let's sum it all up. Let's get this started.

Don't worry anger's normal.

When people get on you, they're rude, even the storm will

Make you mad this happens every day.

That's why T.A.C. is here to show you the way.

To keep yourself together, to learn how to figure

What makes your blood boil, to know your anger triggers.

With A.D.O.R. it's time to roll, we'll all learn self control

To make a better you, diggin' out of every hole.

When your heart starts thumpin', your hands start to sweat,

Recognize your anger cues and try not to let

To lose it altogether you don't have to scream and shout

To say I got this in control and start to work it on out.

Your mind is so deep, you got it all up there on file.

It's time to pull some out, let's go through your anger styles.

There's always consequences, some bad, when acting out.

You might get yourself in trouble, use your brain, no doubt.

Don't react out of hand, stay calm, you can

Stop and think it through then you take a better stand.

Take your problems out on people, that leaves a bad taste.

That style is displaced anger and that's just a waste,

Of your time and good friends remember, know your anger cues.

You gotta get it out, ignored anger, please don't choose.

Always own your anger, it helps you keep your senses.

Remember what we say, behavior has consequences.

So hold your head high, make a smile from a frown

Get down with T.A.C. and spread the message all around

I'm in control. I'm in control.

Let's get right to the point, own your anger all the time.

Always cool off, take your time, use your mind.

You could always walk away, count to ten, calm yourself.

Take a deep breath, that's even good for your health.

Calming self-talk, see, you know what's best for you.

When you cool off, the right thing, then you can do.



Time to think it through, put it all down on some paper,
Talk it out with a friend, your family, your favorite neighbor.

Time to keep it real, tell how you feel.
Take positive action, that's the deal.
Sometimes things happen we want to rearrange.
Even though sometimes it's hard, accept what you can't change.
Stay calm, stay in charge, when you're wrong, apologize.
It makes you feel good, soon you realize.
Focus on the problem, toss out the ideas.
Soon you'll find the answer to make it all clear
T.A.C., T.A.C., T.A.C.



Credits

Executive Producer

Susan Eikov Green

Producer/Script Editor

Susan Simmons

Writer

William Squier

Associate Editor

Michelle J. Yannes

Director

Tony Grazia

Video Production

Deerfield Film & Video Center

Hawthorne, NY

Teacher's Guide

Ronnie Halperin, Ph.D.

Walter Simmons, C.S.W.

Teacher's Guide Design

Michelle J. Yannes

Consultant

Mark E. Spellman, Ph.D.

NYU School of Social Work

1 video or DVD: running time approx. 33 minutes

© 1997 Sunburst Visual Media, a division of Global Video, LLC

ISBN: 0-7805-4268-1