

Lesson 7 | Keep Calm

Anger Management and Mindfulness

Rationale

Children who can self-regulate are better able to hold back impulses, delay gratification, and manage emotions in healthy ways. Self-control, coupled with anger management skills, promotes resiliency reducing the likelihood of violence and other aggressive behaviors. Children who practice mindfulness are more likely to pay attention, calm down when upset, and make better decisions.

Character Education

This lesson promotes these character traits:

Self-discipline Responsibility Respect Integrity

Objectives

Following this lesson, the student will be able to:

- Describe the physical sensations of anger
- Differentiate angry feelings and aggressive actions
- Demonstrate how to calm down when experiencing angry feelings

Activities

1. Tuggles Calms Down 10 minutes
2. Fuzzy Signals 5 minutes
3. Stay Calm 10 minutes
4. Find Your Peace 5 minutes

Daily Workouts

- Day 2: Sorting Through Anger 10 minutes
- Day 3: Staying Cool 10 minutes
- Day 4: When You're Angry and You Know It 10 minutes
- Day 5: Take a Deep Breath 10 minutes

Before You Start

- Put Tuggles in his seat.
- Review the "Tuggles Keeps His Cool" book.
- Access the "When You're Angry and You Know It" song at toogoodprograms.org.
- Review the "When You're Angry and You Know It" lyrics and gestures on pages 163-164.
- Prepare the supplemental activities from the **Looking for More?** section.
- Prepare the **Daily Workout** activities.
- Make a copy of **Home Workout 7** for each student. Distribute at the end of the lesson.

Materials

To deliver this lesson, you will need:

From Your Kit:

- Student Workbook page 11
- Tuggles Puppet
- "Tuggles Keeps His Cool"

From Your Teacher's Manual:

- Home Workout 7, page 176

Additional Materials:

- "When You're Angry and You Know it" Song
- Projector


Lesson 7 Keep Calm - Anger Management and Mindfulness


Today, we are going to talk about how peacemakers feel. Sometimes peacemakers feel happy, and sometimes they feel sad. Sometimes they feel scared, and sometimes they get mad.

Another word for “mad” is “angry.” Can you say the word, “angry”?


 Angry.

Raise your hand if you have ever felt angry.


Can you show me what an angry face looks like?  Model an angry facial expression and encourage the students to show you their angry faces.

 Cup your ear as if you heard Tuggles say something. **What’s that Tuggles?**

 Put on the Tuggles puppet.

 I am a peacemaker, but I also get angry sometimes. When I get angry, I growl. My mom tells me, “There’s no need to growl,” but sometimes I feel like I can’t help it.

What makes you angry, Tuggles?

 I have a story about a time I got angry for you to share with the class.

Okay, Tuggles. Sit here and I will share your story with the class.

 Put Tuggles in his seat.



Tuggles’ story is called “Tuggles Keeps His Cool.”  Read the story to the class.

Thank you for sharing your story with us, Tuggles. It’s okay to feel angry. Everyone feels angry sometimes, even peacemakers, but your mom is right. There’s no need to growl.

2. Fuzzy Signals



Let’s learn how to know when our bodies tell us we are getting angry.

 Show the students page 7 from “Tuggles Keeps His Cool.” **How did Tuggles’ face feel before he growled?**  He felt his face getting hot. **When we start to get angry, our face can feel hot or turn red.**



“Tuggles Keeps His Cool”

What did his paws do? 🗨️ *They made fists.* **We don't have paws, but when we feel angry, our hands can tighten into fists.**

What did Tuggles' fur do? 🗨️ *It stood up.* **We don't have fur, but many times, our muscles tighten or begin to shake.**

What did Tuggles feel in his chest? 🗨️ *A pounding.* **Before Tuggles growled, he felt a pounding in his chest. We don't growl, but sometimes when our heart beats fast or we feel a lump in our throat, we might want to scream or cry. Do we have to scream or cry when we feel angry?** 🗨️ *No.*

That's right. Just like Tuggles, we can stop and calm down before we do something that could get us into trouble. When we are calm, we can think about the best thing to do. Let's practice how to calm down when we feel angry. ✂️ *Have the students return to their desks.*

3. Stay Calm



✂️ *Distribute the Student Workbooks and display workbook page 11.*

Open your workbooks to page 11. Tuggles wants us to practice the three ways to calm down when we feel angry.

Look at the first picture. Tuggles is telling himself to calm down.

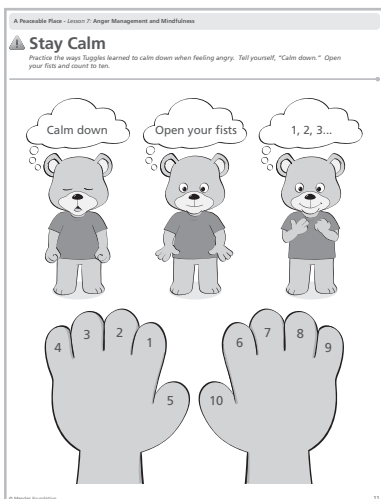
Can you tell yourself, "Calm down"? 🗨️ *Calm down.*

What is Tuggles doing in the next picture? 🗨️ *Tuggles is opening his fists. Make fists with your hands.* ✂️ *Encourage the students to make fists. Now, open them.* ✂️ *Encourage the students to open their fists.*

Very good! What is Tuggles doing in the last picture? 🗨️ *Tuggles is counting.*

Look at the paws at the bottom of your workbook page. Tuggles wants to help you count to 10 when you need to calm down. Before we count, watch how I place each of my fingers on Tuggles' fingers to count to ten. ✂️ *Demonstrate placing each of your fingers one at a time on Tuggles' fingers. Now, let's all use Tuggles' paws to count to 10.*

✂️ *Practice counting to 10 using Tuggles' paws several times with the students.*



Workbook page 11
Stay Calm

Very good! Tuggles became angry when he couldn't play in his favorite train made of old boxes, but there was no need to growl. He just needed to calm down.

Once Tuggles calmed down, he was able to think about the best thing to do.

What was the best thing to do?  *Let his mom fix his shirt so he could wear it to school.*

Very good! It's okay to feel angry, but peacemakers don't let their anger get them into trouble. They stop and calm down. Everyone, repeat after me...

Stop!  *Stop!*

Tell yourself, "Calm down."  *Tell yourself, "Calm down."*

Open your fists.  *Open your fists.*

Now, count to ten.  *Now, count to ten.*

1, 2, 3, 4, 5, 6, 7, 8, 9, 10!  *Encourage the students to count along with you.*

 *Collect the Student Workbooks.*


4. Find Your Peace




To end our lesson today, we are going to listen to a song called "When You're Angry and You Know It" to remind us that even if we feel angry, we can still be peacemakers.

Follow along with me and make the movements as we sing.

 *Play the "When You're Angry and You Know It" song.*


When you're angry and you know it,  *Scrunch your face and fists as if you are angry.*

Stop and think!  *Put your palm up to gesture stop. Then tap your head to gesture thinking.*

When you're angry and you know it,  *Scrunch your face and fists as if you are angry.*

Notes

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 *Play the song a few times or until the students can sing the lyrics and demonstrate the gestures.*

Excellent job, peacemakers! In our next lesson, we will learn how to solve problems.

 *Distribute Home Workout 7.*