

# ARISE LIFE-SKILLS FOR MIDDLE SCHOOL - VOLUME 1

## INSTRUCTOR'S MANUAL

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# SECTION ONE: ANGER MANAGEMENT

## INTRODUCTION

### *Information to share with students:*

Seeing red. Boiling mad. Whichever way you put it, they all mean the same thing: you are very angry. Anger is a normal human emotion that we all feel at one time or another; however, what is far from normal is the way some people choose to express their anger. Hate crimes, murder, fighting, cussing, and disrespectful remarks do nothing to solve a problem and often make an unpleasant situation worse.

Anger is a feeling of hatred or great displeasure. It is often accompanied by feelings of hurt, sadness, and frustration. Restraining anger is a vital skill we must learn in order to coexist in harmony and achieve success. Once students are able to control their tempers with maturity, they will be able to build a stress-free environment for themselves and their communities.

**The goal for students in this section is:**

**Students will learn how to control anger and understand why expressing it in a negative way can damage relationships and increase conflict.**

## **DEFINING ANGER EMOTIONS: ROLE-PLAY**

### **Learner's Workbook: Page 1**

1. Have students turn to workbook page 1. Choose volunteers to read the definitions and discuss each one as they are read. Explain that anger leads to emotions such as hurt, sadness and frustration. *Can they think of examples of these emotions? Can they find differences between these emotions?*
2. Select volunteers to role-play each of these terms. After they have finished, ask the group if the volunteers did a good job in acting out these feelings.
3. Have students discuss why recognizing that you are angry is the first step toward dealing with a problem. *Can anger and other feelings be controlled? How?*

## **TYPES OF ANGER; ANGER SITUATIONS**

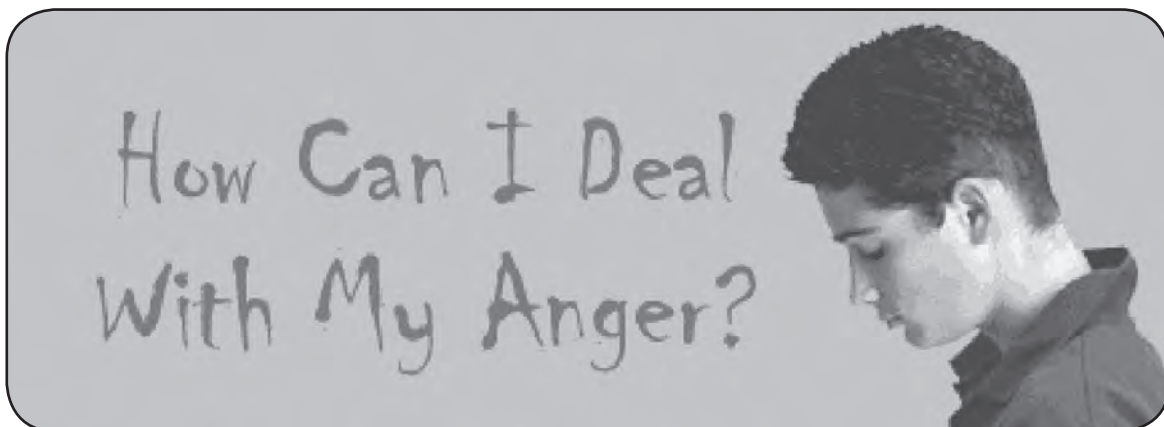
### **Learner's Workbook: Pages 2 and 3**

1. Discuss the types of anger on workbook page 2 with students: physical, emotional, behavioral, institutional.
2. Read the anger situation cards on workbook page 3. Ask students to decide which type of anger each situation represents.

## **ANGER SAYINGS POSTER**

### **Learner's Workbook: Page 4**

1. Direct the children to select one of the sayings on page 4 and draw it as a poster, writing the saying across the top in large letters.



## HOW ANGER AFFECTS YOU

### Learner's Workbook: Page 5

1. Have students discuss how anger affects the body.
2. Ask the group: *Can anger really kill you?* Allow them to respond. Inform students those who experience a lot of anger and hostility may die earlier than calmer people. When you are angry, your body goes through physical and chemical changes that upset bodily functions, including digestion, sleep patterns, hunger, and general well-being.
3. Have volunteers read page 5 out loud. Discuss the information as a group.

## DEALING WITH ANGER

### Learner's Workbook: None

1. Ask students to name some ways to deal with someone who is out of control. They might include:
  - Listening effectively
  - Not arguing
  - Keeping your voice low
  - Respecting the other person's space
  - Staying calm
  - Offering calming comments
  - Letting the person know you care
  - Observing the person's body language and stepping back or leaving, if necessary.

## CYCLE OF VIOLENCE

### Learner's Workbook: Page 6

1. Ask students what the phrase "violence causes more violence" means. Explain that when we are children, we observe the behavior of adults. When we grow up, we imitate what we've seen; therefore, if the adults in our lives are violent, we often become violent, too. This is called the "cycle of violence."
2. Inform the class that by knowing how to deal with anger, we stop creating cycles of violence. Ask the following questions: *How would you treat your kids if you found out they had been involved in a violent attack on someone else? What would you say to a friend who is planning to act in a violent manner?*
3. Explain the circle on page 6 represents violent behavior. Ask students to create a drawing inside the circle about stopping violence. Then share artwork as a group.

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# TYPES OF ANGER

Read the four different types of anger below.

<b>Physical:</b>	hitting, beating, stabbing, killing
<b>Emotional:</b>	isolation, having feelings ignored, abandonment, having no attention paid to you
<b>Behavioral:</b>	sarcasm, nasty remarks, put downs, humiliation, harassment, name-calling, graffiti, negative body language
<b>Institutional:</b>	prejudice, racism, bigotry (KKK, Nazis, skinheads)

# ANGER SITUATIONS

Decide in which anger category  
each situation belongs.

**A student isn't liked  
because everyone else thinks  
he is strange.  
No one wants to be his  
friend.**

**A female student wears tight  
clothing and is sexually  
harassed by her male  
classmates.**

**A bully cuts down and  
picks on a weaker  
person.**

**One man beats another  
to death.**

**A person hates everyone who  
is Jewish.**

**The KKK burns a cross  
in front of an African  
American family's  
house.**

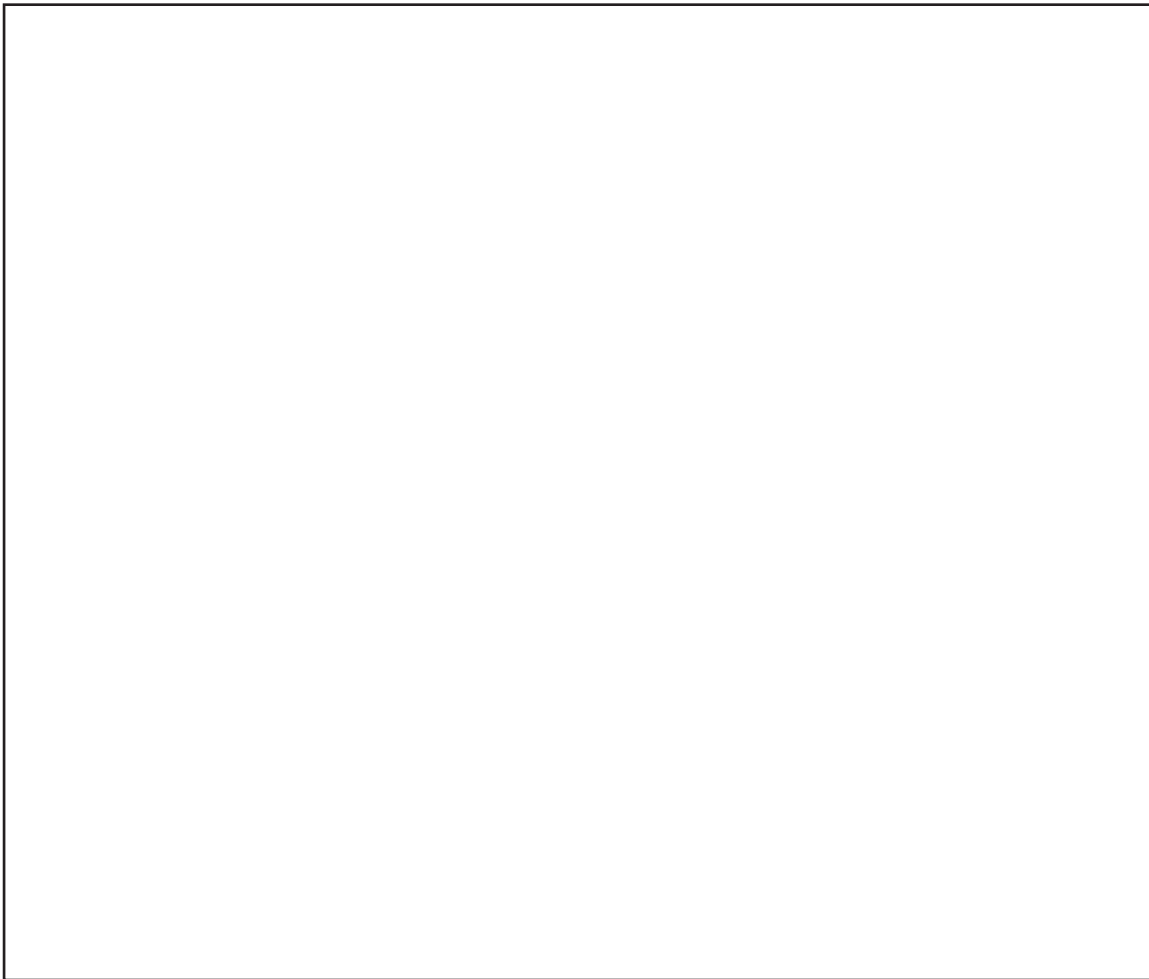


# ANGER SAYINGS POSTER

Use one of the expressions below to create a poster in the large square.



- Blowing your top
- Boiling mad
- Wild with excitement
- Seeing red
- Pain in the neck
- Driving someone up  
the wall
- Driving me crazy



# HOW ANGER AFFECTS YOU

1. Adrenaline is released, raising your heart rate.
2. Your blood pressure increases.
3. Your coronary artery could be damaged.
4. Continued anger causes further increase in cholesterol, which can block arteries and cause a heart attack.
5. Prolonged anger contributes to ulcers, migraine headaches, and possibly, cancer.



# CYCLE OF VIOLENCE

Inside the circle, draw a picture showing how you can stop violence in your life.

