**Anger Management Group #1 – Opening & Welcome**

**Introductions:**

Have each group member tell the rest of the group one thing they like to do, something they like to eat, or somewhere they like or would like to go.

**Establish Group Rules**

* **Don’t talk when someone else is talking**
* **Listen to others & Be respectful**
* **You may pass if you need to**
* **Have FUN!!**

**What we talk about in group stays in group unless …**

* **Someone is hurting you**
* **You are hurting someone else**
* **You are hurting yourself**

**Game:**

* *What do you know?* 
  + *Jumbo Popsicle sticks with questions on them to get to know everyone a little better!*

**What does anger management mean??**

* **Read: “Don’t blow my top”**
* **What happens to you when you get angry?**
* **Have you ever ‘blown your top’?**

**Homework for the week**

* **Come up with one strategy you can use when you get angry and come back and tell us how it went.**
* **Did it work? Did it not work? Why do you believe it either worked or didn’t work?**

**Anger Management Group #2**

**Introductions:**

* How was everyone’s week? Talk about homework assigned – did you get angry this week? Were you able to use one of the strategies we talked about to calm down? Did it work? Did it not work? Why do you believe it either worked or didn’t work?

**Review Group Rules**

* **Don’t talk when someone else is talking**
* **Listen to others & Be respectful**
* **You may pass if you need to**
* **Have FUN!!**

**What we talk about in group stays in group unless …**

* **Someone is hurting you**
* **You are hurting someone else**
* **You are hurting yourself**

**Activity:**

* **Draw what your anger looks like using only pictures. Reflect.**
* **On a separate piece of paper we then draw what our calmness looks like using only pictures. Reflect.**
* **Create Two Group quilts to serve as reminders for the rest of the group.**

**What does being angry mean to you??**

* **What happens to you when you get angry?**
* **Have you ever ‘blown your top’? How do others feel around you when this happens?**

**Homework for the week**

* **Practice two strategies you can use when you get angry and come back and tell us how it went. See how often you need to use it.**

**Anger Management Group #3**

**Introductions:**

* How was everyone’s week? Talk about homework assigned – did you get angry this week? Were you able to use one of the strategies we talked about to calm down? Did it work? Did it not work? Why do you believe it either worked or didn’t work?

**Review Group Rules**

* **Don’t talk when someone else is talking**
* **Listen to others & Be respectful**
* **You may pass if you need to**
* **Have FUN!!**

**What we talk about in group stays in group unless …**

* **Someone is hurting you**
* **You are hurting someone else**
* **You are hurting yourself**

**Book:**

* *“Don’t blow my top”*

**What does being angry mean to you??**

* What happens to you when you get angry?
* Have you ever ‘blown your top’?
* How do others feel around you when this happens?

**Calm-Down Sandwiches -** <http://www.psrideaweb.com/2012/08/anger-sandwiches.html>

* Using construction paper: Cut out (2) slices of white bread, 1 yellow piece of cheese, (2) red tomato slices, 1 piece of brown meat, 1 piece of green lettuce.
* Have students write their Name + Calm-Down Sandwich with strategies for staying calm.
* Zip-lock bag the sandwich for them to have access to it quickly!

**WHY DO YOU WANT THIS BEHAVIOR TO CHANGE???**

**Homework for the week**

* **Use your Calm-Down sandwiches this week!**

**Anger Management Group #4**

**Introductions:**

* Did you use your Calm-Down sandwiches this week?

**Review Group Rules**

* **Don’t talk when someone else is talking**
* **Listen to others & Be respectful**
* **You may pass if you need to**
* **Have FUN!!**

**What we talk about in group stays in group unless …**

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* **You are hurting yourself**

**Acitivity:**

* *m&m Anger Game*

**Materials**

* **worksheet**
* **m&m’s**
* **paper plates**
* **plastic spoon**

**What does being angry mean to you??**

* **Was it hard talking about moments when you were angry?**
* **What are some strategies you have been able to implement over this past week?**

WHY DO YOU WANT THIS BEHAVIOR TO CHANGE???

**Homework for the week**

* **Talk about M*anaging your Anger* poster**
* **What emotions happen before you realize you are angry?**

**Anger Management Group #5**

**Introductions:**

* What strategies have you been able to use??

**Review Group Rules**

* **Don’t talk when someone else is talking**
* **Listen to others & Be respectful**
* **You may pass if you need to**
* **Have FUN!!**

**What we talk about in group stays in group unless …**

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* **You are hurting yourself**

**Acitivity:**

* *Don’t be an Angry Bird – template and worksheet*
* *Answer questions & get a cup! Stack the cups and knock ‘em down!*

**Materials:**

* **Markers**
* **Cups**
* **Feeling Faces/angry bird stuffed animal**

**Questions:**

* **Talk about M*anaging your Anger* poster**
* **What emotions happen before you realize you are angry?**

**Homework**

* **Keep practicing your strategies!!!!!**
* **GIVE students Anger Management Strategy Info sheet for Parents to help them on the journey to improving their anger!**