

# Intensity of Anger



Storming?  
Cloudy?  
Sunny?

Small Group  
Counseling Lesson



Check Out My  
Pins, Articles,  
and Blog Posts!

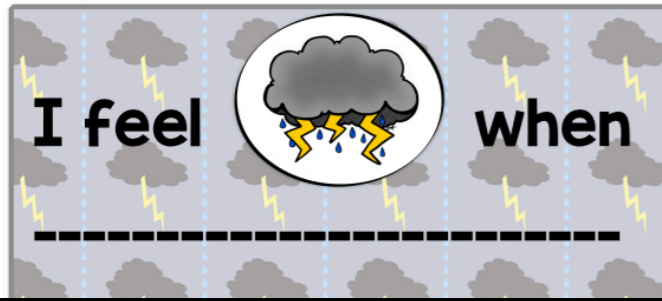
**click clickity click**



# Mini Lesson

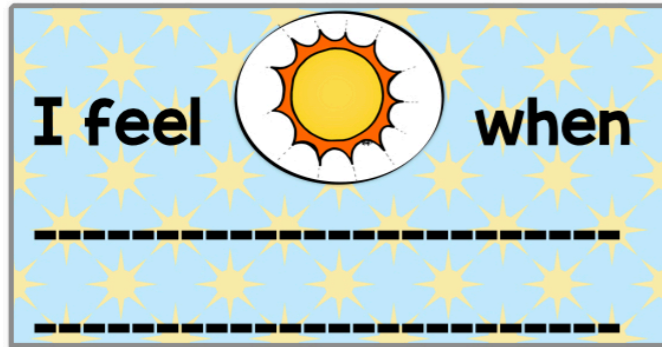
## I Feel ... When Cards

Cut out and use to discuss each individual emotion and give your own examples. You can also laminate and students can write their own examples.



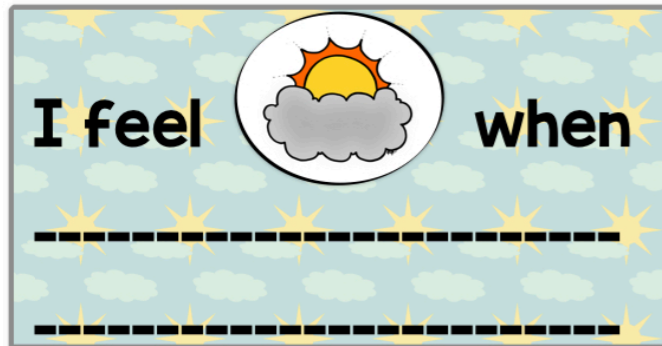
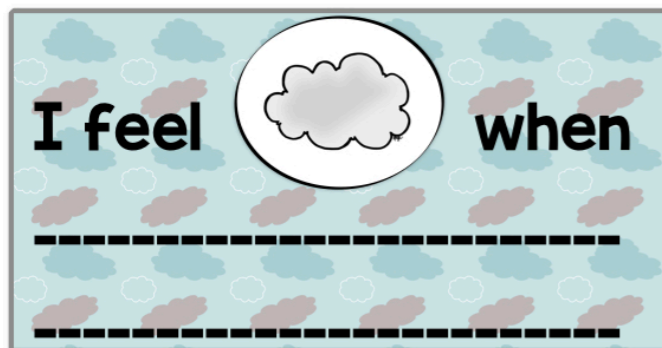
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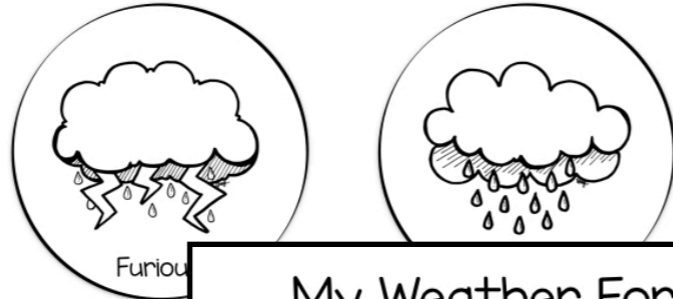
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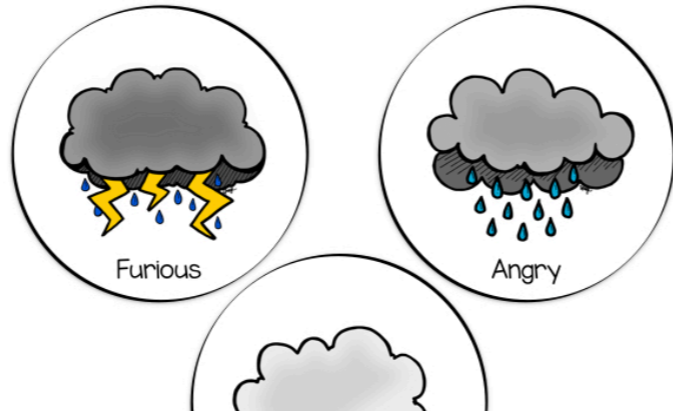
## Weather Emotion Circles

Cut out and use on a white board to make a large 5-point scale or talk about each of the different emotions and their corresponding weather. They can also be student signalers.




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## My Weather Forecast

Feeling	When I feel this way	How others can tell
		

## Weather Forecast

Feeling	When I feel this way	How others can tell
 Furious		
 Angry		
 Frustrated		
 Bothered		
 Calm		

## Small Group Counseling Lesson

### My Weather Forecast (Range of Anger)

#### Learning Standard

Students will be able to distinguish among intensity levels of an emotion.

#### Session Goal

Students will understand intensities of anger.

#### Before Session (15 minutes)

1. Print and cut out facilitator and student materials. Laminate resources to be reused.
2. Have personal examples in mind and review scope of lesson.

#### Exit Slips & Summary

- ▶ Review individual 5-point scales
- ▶ Exit slip of weather emotions

#### Take Away Tools

- ▶ 5-point scale. Photocopy if this will be used in future lessons.

#### Additional Tools

- ▶ [What Makes Me Storm Game](#)

### Activity & Procedures

#### I Do: Introduction to Range of Emotions

Time: 10 minutes. Materials: 5-Point Weather Scale, Weather Emotions Circles, I Feel When Cards

1. Tell students about the range of an emotion that someone can experience.
  - ▶ "People feel different emotions. They can feel happy, sad, angry, surprised. Not only that, but they can feel different kinds of each emotion. Do you know other words for angry? (let students generate some synonyms) Exactly. People can feel bothered, or furious or frustrated or annoyed. You could say bothered is a little angry or that furious is super angry."
2. Begin drawing the parallel between the different kinds of angry and the weather. (Use the provided clipart to create a 1-5 scale or one of the 5-point scales)
  - ▶ "Emotions are like the weather. Say we feel one of the kinds of angry. Partly cloudy might be bothered. Cloudy could be frustrated. Rainy could be angry, and thunderstorms could be furious. Sunny would be calm."
  - ▶ "Most the day, I feel sunny. But sometimes things bother me and I feel partly cloudy. I felt partly cloudy when there was traffic on the way to work and I was late. The other morning I felt cloudy/frustrated because I spilled coffee on my new shirt."

#### We Do: Character Stories

Time: 15 minutes. Materials: Character Stories, Character 5-point Scales, Character Mini-Books, Student Story Paper

3. Provide students with character stories and character 5-point scales or provide them with character mini-books. Both options are given to allow you to customize to your students' skill levels and to provide additional practice.

#### You Do: My Weather Forecast/5-Point Scale:

Time: 20 minutes. Materials: Individual Student 5-Point Weather Scale

7. Students will make their own 5-point weather scale and begin to make connections to those emotions in their own life. Provide each student with a 5-point scale. First, have them identify situations that make them feel each emotion/weather. I typically like to start with 5 (furious/thunderstorm), then go to 1 (calm/sunny), then to 3 (frustrated/cloudy), and finally fill in 2 and 4. This is typically easier for students can go either from the top or bottom sequentially.
8. Once students identify situations that make them angry, they can also add on what they look like when they feel that way.
  - ▶ "How would I be able to tell you are partly cloudy/bothered? What would your body look like? What would your face look like? What would you sound like?"

# Group Activities

# Stories and Scales

## Mini Books

### Anger - Minibooks

**Objective:** Students will determine when a fictional character feels different intensities of anger.

**Before the Session**

1. Print out an anger mini-book for each student.
2. Have the students complete each box **before** folding the book.

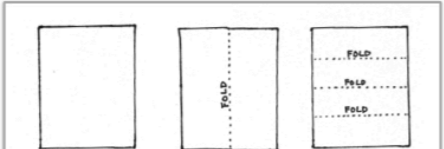
**During Session**

1. Students complete each page of the minibook for each emotion/character. Students can make up fictional situations, use their own personal experiences, or use examples of other people in their lives or in literature.

**After the Session**

1. If your student is using an interactive notebook for counseling, they can glue/tape the back page into the book.
2. Follow the visual directions.

**Folding Directions**  
Cut only along the dotted line on the template. Do not cut the solid lines.



Do you feel these emotions too sometimes?

Name: \_\_\_\_\_

We are 5 friends who feel different emotions. Write down what you think would make us feel a certain way.

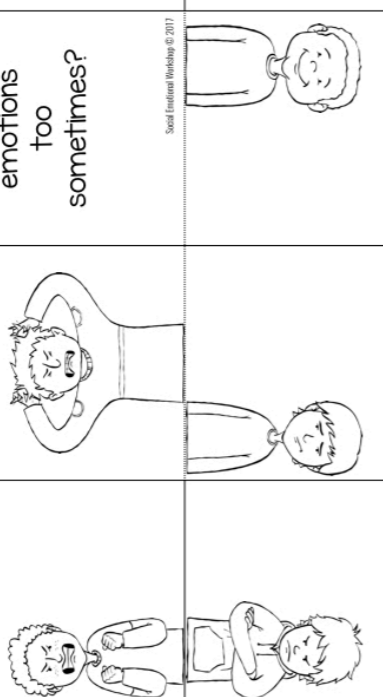
**Calm**

**Bothered**





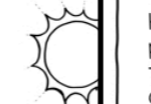
**Furious**


**Angry**

**Frustrated**



### Joanna's Weather Forecast

Feeling	When does Joanna feel this way?
 Furious	
 Angry	
 Frustrated	
 Bothered	
 Calm	



### JOANNA


Hi I'm Joanna. I live with my parents and my baby sister. My parents are the best. Well, as long as they are not bothering me to feed our two cats. I have a new baby sister too. She is super cute. She can't do much yet besides break my toys, but she will probably be super fun one day.

My best friend is Shelly and she lives in my neighborhood. We ride our bikes, play card games, and make bracelets for kids at school. Shelly is a great friend. Sometimes she doesn't play with me at recess which makes me angry. My mom says we have to play with other kids too. I guess.

Miss Michaels is my teacher and definitely the nicest teacher in second grade. I'm so glad she is my teacher this year. She needs to try to make spelling not so boring though! She could also just cancel writing all together. Coming up with a topic is so frustrating.

I get along with the kids in my class. It would be all of them if it wasn't for Matthew. He makes me furious. He is always kicking my chair and cutting in front of me in line. Ms. Michaels never notices. Maybe she needs new glasses. Yesterday he called me dumb at recess, but Ms. Michaels just told him to say sorry.

My favorite things are watching football with my cousin and learning how to draw in art class. I always feel super happy and calm doing those things.



### Character Stories

**Objective:** Students will read one of two stories as a group and determine how the character feels.


#### TRE

Hi I'm Tre. I live with my parents, older brother, and my grandma. I have to share a bedroom with my brother. We get along most of the time, but I get frustrated when he leaves his stuff all over my bed. I love my grandmother. She taught me how to cook and she is going to teach me Spanish too.






I go to school down the street. I walk there with my brother and friend, Jim. Jim is really smart and good at basketball. He never wants to play basketball with me at recess because I'm just learning. It makes me angry that he won't just play with me, but I'll get good enough soon.


Most of the kids in my school are pretty cool. There is one girl, Jennifer, that is mean to everyone on the playground. She is an older kid and she says who can and can't go on the slide. The other day she pushed Kim off and I got furious and started yelling at her. Jennifer and I both got in trouble with Mr. Kerns.

My favorite teacher is Mr. Bailey. He always has the best projects. He is nice and friendly. I like to play with him, but I have to wait for him to finish his project.








### Tre's Weather Forecast

Feeling	When does Tre feel this way?
 Furious	
 Angry	
 Frustrated	
 Bothered	
 Calm	





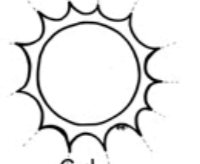


# Individual Weather Scales

## 's Weather Forecast

Feeling	When I feel this way	How others can tell
 Furious		
 Angry		
 Frustrated		
 Bothered		
 Calm		

## 's Weather Forecast

Feeling	When I feel this way	How others can tell
 Furious		
 Angry		
 Frustrated		
 Bothered		
 Calm		


## Exit Slips

Name: \_\_\_\_\_


What emotion is this?



\_\_\_\_\_

What is something that makes you feel  ?

\_\_\_\_\_


What do you do when you are  ?

\_\_\_\_\_

\_\_\_\_\_

Circle which weather means angry.



What is something that makes you feel  ?

\_\_\_\_\_


\_\_\_\_\_

Name: \_\_\_\_\_


What emotion is this?



\_\_\_\_\_

What is something that makes you feel  ?

\_\_\_\_\_


What do you do when you are  ?

\_\_\_\_\_

\_\_\_\_\_

Circle which weather means frustrated.



What is something that makes you feel  ?

\_\_\_\_\_

\_\_\_\_\_