

Brief Daily SEL Activities

ANGER

DAY 2

When you are angry, your body, face, and voice can show it. Some signs other people can see, like your face getting red. Other signs only you can feel, like your heart beating fast.

Today we will explore different signs of anger.

BODY

When you are angry your body tightens up. You might make a fist or feel like your heart is beating very fast.



VOICE

Anger can make your voice get loud and sharp.



FACE

Anger makes you clench your teeth and scrunch up your nose.

Cover One Topic Each Week

ANGER

DAY 3

We get angry when something is unfair, our feelings are hurt, something is hard to do, we are disappointed by someone or even when we get embarrassed.

Today we will explore the kinds things that make us angry.

HARD TO DO

When we are doing something and it is hard, it can be really frustrating.



HURT FEELINGS

Anger can creep in when someone hurts our feelings or we get embarrassed.



UNFAIR

We can get angry when something doesn't feel fair or it doesn't follow the rules.

ANGER Day 4

How can you be in charge of angry feelings?



THINK ABOUT IT



Think Questions

LET'S TRY IT!



When you are angry, try reminding that anger who is boss.

You can be the boss of your angry thoughts and feelings. When you feel angry, remind yourself that you are in charge of your anger and it is not in charge of you! Tell yourself that you have strategies you can use to feel better.

"I'm in the boss of my anger! I'm going to picture my happy place and focus on calming down."

What will you do the next time you are angry? Write a strategy you will use.



Student Activities



ANGER

DAY 1

Everyone gets angry. Anger can be good, like when something is unfair. Anger can be unhelpful when we don't stay in charge of it.

We can learn about our anger. What it looks like, feels like, and when it happens. When we understand it, then we can be in charge of it.

When we get angry, our bodies tighten up. Our face might get red and our voice might get loud. What does it look like when you get angry?




When we know about what makes us angry, we can be the boss of it.

We get angry for different reasons. You might get angry that something is unfair or that something is hard to do.



What makes you angry?

ANGER Day 2

How can someone tell when you are angry?  **THINK ABOUT IT**

LET'S TRY IT!



Anger shows up in our body, face, and voice. Circle which ones happen when you get angry.



sweaty

red face

loud voice

scrunched face

tense body

fast heartbeat

tight fists

Other?

DAILY SEL

Anger Teacher Guide

This set of daily SEL activities will help students learn about their anger and that they can manage it. Over five days, students will learn about what anger look like, feel like, and when they happen.

Day 1

- **Key Point:** We can learn about our anger. What it looks like, feels like, and when it happens. When we know our anger, we can be in charge of it.
- **Think Question:** What's something kids get angry about?
- **Student Activity:** Identify events that bother or anger you.

Day 2

- **Key Point:** Explore different signs of anger.
- **Think Question:** How can someone tell when you are angry?
- **Student Activity:** Physical signs of anger.

Day 3

- **Key Point:** Explore the kinds things that make us angry.
- **Think Question:** What is something that makes you angry?
- **Student Activity:** Scenario about what causes a peer to be angry.

Day 4

- **Key Point:** Explore how to be in charge of our anger.
- **Think Question:** How can you be in charge of angry feelings?
- **Student Activity:** Identify a strategy you will use when you are angry.

Day 5

- **Key Point:** Tips for anger and wrap up.
- **Think Questions:** Questions focused on what they learned this week.
- **More?:** Anything else they want to learn and self-rating if they found the topic helpful.

Some activities have a rating scale. Students can use this to rate how they enjoyed the activity or whether they found it useful.

