

STORM STARTERS



Anger Triggers



Small Group
Counseling Lesson

Social
Emotional
Workshop

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Mini Lesson

Small Group Counseling: Anger Triggers

Storm Starters

Learning Standard

Identifies emotions related to situations/events (triggers).

Session Goal

Students will know their personal triggers for anger and how that can differ from other people.

Before Session (15 minutes)

1. Print and cut out poster, cards, histogram, and individual worksheet. You may need to print an extra set of cards if you are using them multiple times.

Exit Slips & Summary

- ▶ Summarize each student starter.

Related Products

- ▶ [What Makes You Storm?](#)
- ▶ [Intensity of Anger Lesson](#)

Activity & Procedures

I Do: Types of Storm Starters

Time: 10 minutes. Materials: Storm Starter Poster

1. Explain to students how events can influence how people feel and the same event can cause different people to have different feelings.
 - ▶ "When something happens, people can feel differently. For example, I get furious when people hurt my feelings. My friend Jean ignores it and lets it roll off her back. She is barely bothered. She gets really angry when something is hard. When something is challenging, I figure it means I just need more practice and I'll get it eventually if I keep trying. People can feel differently about the same thing."
2. Explain that there are common events that make people feel angry.
 - ▶ "People get angry when something is unfair, their feelings are hurt, something is hard to do, they are hungry, they are disappointed by someone else or they disappoint someone, or even when they get embarrassed. Let's look at some of the Storm Starters." Go through some of them and generate an example of all or some of them with the students.

We Do: Storm Starter Histogram

Time: 10 minutes. Materials: Storm Starter Cards and Storm Starter Histogram.

3. Do a think aloud while creating your own Storm Starters List. If available use a white board to show a scale in larger form.
 - ▶ "I have some Storm Starters here. I bet there are some events that would start my storm in here." Choose a few different examples and discuss how angry they would make you feel. If you have previously used a 5-Point Weather Forecast Scale that to show students how angry a storm starter would make you. Activity can be completed independent of the scale.
4. Show the group how they might feel different or the same about an event (storm starter). Tape or paste a storm starter on a histogram in the given space. Give each student a different color and have them color in a space next to a storm starter if something that would make them frustrated, angry or furious. You can have them color it in darker depending on how intense the emotion is.

You Do: Storm Starter Craft or Worksheet

Time: 15-20 minutes. Materials: Storm Starter Craft, Storm Starter Worksheet, and Storm Starter Poster

5. Use the provided worksheet or craft depending on your students' age and skills. Students identify one of the types of Storm Starters that is most relevant to them from the Storm Starter Poster. They then identify examples of this type of Storm Starter from their own life. For example, a student who gets angry when something is challenging would choose "Something is hard" as his/her storm starter and then perhaps identify learning multiplication as their example.

STORM STARTERS

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Something is hard to do

I am tired, hungry, or thirsty

My feelings are hurt

I don't get what I want

I am embarrassed

Something is unfair


I try hard and it doesn't work out

I get in trouble


Group Activities

Storm Starter Examples

Storm Starter Histogram



Our Storm Starters



Put Storm Starter Here							
Put Storm Starter Here							
Put Storm Starter Here							
Put Storm Starter Here							
Put Storm Starter Here							

Glue or tape a storm starter. Group members choose different colors and color in a square next to a storm starter if it is something that makes them frustrated, angry, or furious.

Storm Starter Examples	Storm Starter Examples
<div style="border: 1px solid black; padding: 5px; width: 80%; margin: auto;"> <p style="text-align: center; margin: 0;">Storm Starter</p> <p style="text-align: center; margin: 0; font-size: small;">When my sister bosses me around.</p> </div>	<div style="border: 1px solid black; padding: 5px; width: 80%; margin: auto;"> <p style="text-align: center; margin: 0;">Storm Starter</p> <p style="text-align: center; margin: 0; font-size: small;">My Friends didn't invite me to go to the playground.</p> </div> <div style="border: 1px solid black; padding: 5px; width: 80%; margin: auto; margin-top: 5px;"> <p style="text-align: center; margin: 0;">Storm Starter</p> <p style="text-align: center; margin: 0; font-size: small;">When my teacher gets angry with me.</p> </div>
Storm Starter Examples	Storm Starter Examples
<div style="border: 1px solid black; padding: 5px; width: 80%; margin: auto;"> <p style="text-align: center; margin: 0;">Storm Starter</p> <p style="text-align: center; margin: 0; font-size: small;">When I...</p> </div>	<div style="border: 1px solid black; padding: 5px; width: 80%; margin: auto;"> <p style="text-align: center; margin: 0;">Storm Starter</p> <p style="text-align: center; margin: 0; font-size: small;">Food I...</p> </div>
Storm Starter Examples	Storm Starter Examples
<div style="border: 1px solid black; padding: 5px; width: 80%; margin: auto;"> <p style="text-align: center; margin: 0;">Storm Starter</p> <p style="text-align: center; margin: 0; font-size: small;">When this...</p> </div>	<div style="border: 1px solid black; padding: 5px; width: 80%; margin: auto;"> <p style="text-align: center; margin: 0;">Storm Starter</p> <p style="text-align: center; margin: 0; font-size: small;">When I lose at a game.</p> </div>
<div style="border: 1px solid black; padding: 5px; width: 80%; margin: auto;"> <p style="text-align: center; margin: 0;">Storm Starter</p> <p style="text-align: center; margin: 0; font-size: small;">When I g...</p> </div>	<div style="border: 1px solid black; padding: 5px; width: 80%; margin: auto;"> <p style="text-align: center; margin: 0;">Storm Starter</p> <p style="text-align: center; margin: 0; font-size: small;">When my teacher yells at my class.</p> </div>
<div style="border: 1px solid black; padding: 5px; width: 80%; margin: auto;"> <p style="text-align: center; margin: 0;">Storm Starter</p> <p style="text-align: center; margin: 0; font-size: small;">When someone spreads a rumor about me.</p> </div>	<div style="border: 1px solid black; padding: 5px; width: 80%; margin: auto;"> <p style="text-align: center; margin: 0;">Storm Starter</p> <p style="text-align: center; margin: 0; font-size: small;">When someone tells me that I did something wrong.</p> </div>
<div style="border: 1px solid black; padding: 5px; width: 80%; margin: auto;"> <p style="text-align: center; margin: 0;">Storm Starter</p> <p style="text-align: center; margin: 0; font-size: small;">When we have to do group work and no one is helping.</p> </div>	<div style="border: 1px solid black; padding: 5px; width: 80%; margin: auto;"> <p style="text-align: center; margin: 0;">Storm Starter</p> <p style="text-align: center; margin: 0; font-size: small;">When my mom won't let me finish my video game.</p> </div>
<div style="border: 1px solid black; padding: 5px; width: 80%; margin: auto;"> <p style="text-align: center; margin: 0;">Storm Starter</p> <p style="text-align: center; margin: 0; font-size: small;">When I'm tired.</p> </div>	<div style="border: 1px solid black; padding: 5px; width: 80%; margin: auto;"> <p style="text-align: center; margin: 0;">Storm Starter</p> <p style="text-align: center; margin: 0; font-size: small;">When I'm tired.</p> </div>

Storm Starter Craft

Storm Starter Craft & Worksheet

Objective: Students will identify a type of anger trigger and personal examples of it.

Before the Session

1. Print out a craft page for each student and have copies of the Storm Starter Poster.
2. Cut out cloud, rain drops, and lightning bolts.
3. Cut out 4 thin strips of construction paper for each student. You can fold these before or during the lesson.

Craft Activity

1. Continue discussion about types of Storm Starters (triggers).
2. Students should identify one type of Storm Starter that is more relevant for them and write that on the cloud.
3. They then generate examples of this Storm Starter from their own lives and add those to the rain drops and lightning bolts.
4. Glue or tape rain drops and lightning bolts on to strips of folded construction paper.
5. Attach strips of paper to the cloud.



Completed Storm Starter Craft

Before the Session

1. Print out a worksheet for each student and have copies of the Storm Starter Poster

Worksheet

1. Continue discussion about types of Storm Starters (triggers).
2. Students should identify one type of Storm Starter that is more relevant for them and write that on the cloud.
3. They then generate examples of this Storm Starter from their own lives and add those to the rain drops.

MY STORM STARTER

