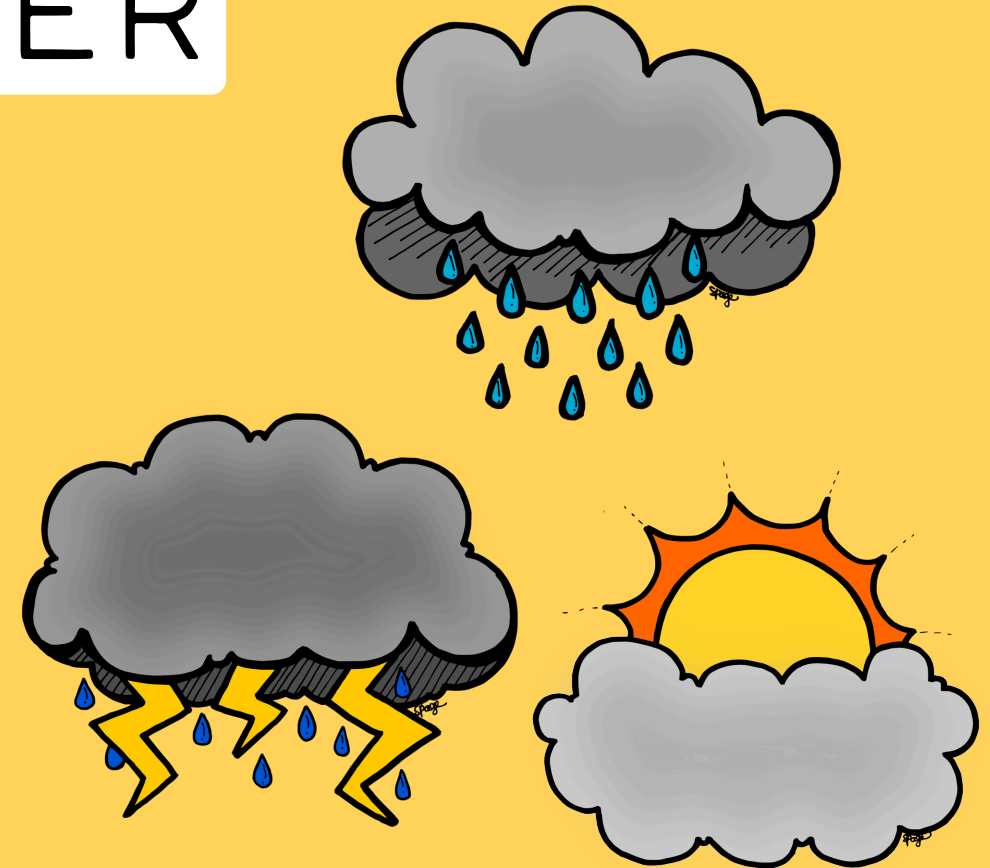


HOW STRONG IS THE STORM?

ANGER THERMOMETER

Counseling activities to help students understand the intensity of anger, what causes it, and what they can do.



Students will learn to

Recognize and identify anger cues

Distinguish between intensity levels of feelings

Identify triggers for strong emotions

WHAT'S INCLUDED

Structured Session Plan

50 Anger Trigger Scenario Cards

5 Point Anger Thermometer Scale + White Board Visuals

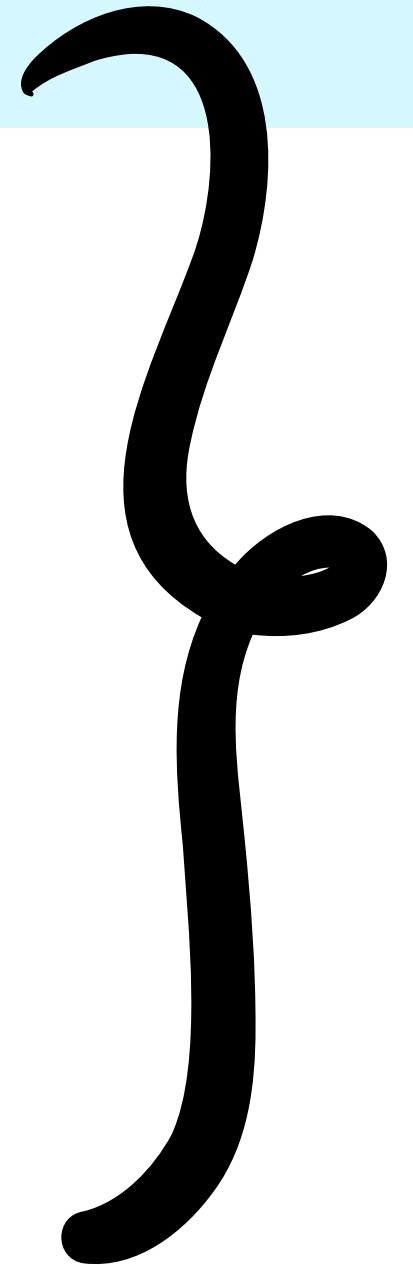
24 Weather the Storm Strategy Cards

Feelings Worksheets

Bonus Character Stories

Feelings Check-In

Exit Tickets



Structured Session Plan

introduce size of feelings

sort & scale triggers

anger thermometer

exit tickets

feelings check-in

bonus activities

Size of Anger Lesson

Objectives

Recognize and identify anger cues
Distinguish between intensity levels of feelings
Identify triggers for strong emotions

Feelings Check-In

Time: 2 Minutes. Materials: 5-Point Storm Scale Check-In Slip

This is a quick feeling check-in using the anger storm scale. You can decide what you want students to think about it. They can consider how they felt this week or how they feel right now. Students circle one picture to represent their feelings. Below, write down why they feel this way.

I Do: Introduce Size of Feelings - Anger

Time: 10 minutes. Materials: 5 Point Scale Worksheet, 5 Point Scale Circles, Scenario Cards

Introduce how feelings come in different sizes, and we all experience many different sizes of feelings.

People feel different emotions. They can feel happy, sad, angry, surprised, loving, or jealous. All these feelings come in different sizes. Some are big and overwhelming, while others are small and pass quickly.

Let's think about this a bit. Do you know other words for angry? (Let's start with some synonyms.) Exactly. People can feel bothered, furious, frustrated, or angry. Being angry could say bothered is a little angry or that furious is super angry. We can use weather to talk about it. For example, bothered is partly cloudy, while angry is a thunderstorm or a tornado.

Introduce the 5-point weather scale to discuss the range of angry feelings, and when they happen.

Give a personal example of some of the different feelings, exploring how they happen, and what you are thinking.

When my plans were canceled at the last minute, I felt like a thunderstorm waiting a month to go to this concert. My body immediately got tense and I was door hard.

Finally, choose a scenario card and place it on the scale according to how you feel. Explain your reasoning and ask students whether they would feel the same way.

Size of Anger Lesson

We Do: Sort and Rank Different Scenarios

Time: 15 minutes. Materials: Scenario Cards, 5 Point Scale, Strategy List

Choose a few more scenarios and place them on the scale. Students should explain their reasoning. Continue to ask how their body would feel, what they would be thinking, and what strategy someone could use to move down the scale.

Have students rank 5 - 10 scenarios on the scale.

Possible ideas to discuss here

- Different people can feel something different in the same situation.
- Feelings change like the weather. Big tough feelings won't last forever.
- We can use strategies to weather our storms.
- Sometimes small things that would normally bother you can add up to big feelings.

You Do: Explore A Feeling & Forecast

Time: 5-10 Minutes. Materials: Feelings Worksheet, Personal Forecast Sheet

Explore a Feeling

Have students choose one of the feeling words from the scale. They should write a few sentences describing when someone might feel that way and write a few sentences describing the situation.

Personal Forecast

Have students create a personal forecast for their day or week. Have them write down what starters might trigger storm feelings.

Exit Ticket

1. One way someone can tell that I'm angry is.
2. One thing that helps when I'm feeling angry is.

Cool Down

Have students pick one or two of the Weather the Storm Strategy cards and explain how they would use them.

Extras

Sometimes, you need some extra activities to help things stick. There are two extra activities with 5-point scales. This can help you explore the 5-point scale more. Using these activities can help students focus on the skill and make it less personal.

50 Anger Trigger Scenarios

Students determine how they would feel given a common anger-provoking situation.

Use 5 point storm scale to see how feelings scale from small to big.

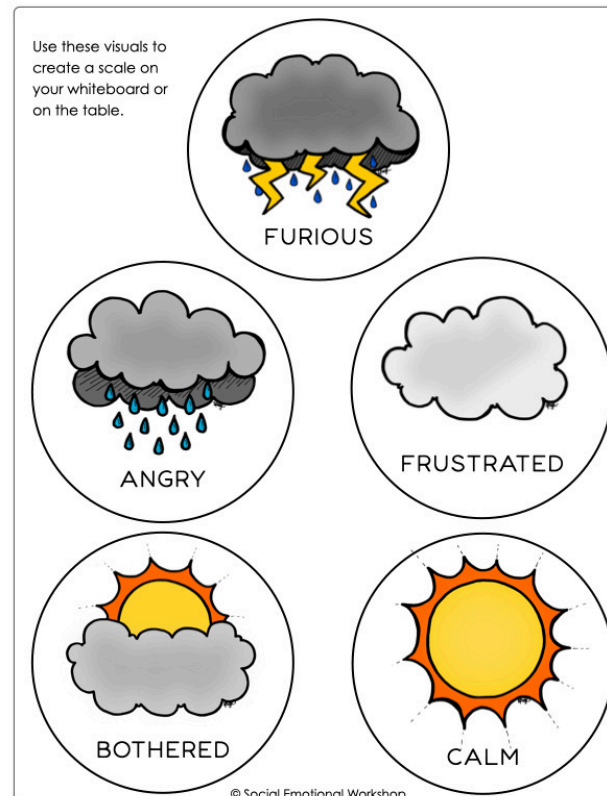
Storm Starter Examples

 STORM STARTER	When I am trying to build something and it keeps falling down.	 STORM STARTER	When I can't figure out how to do a math problem.
 STORM STARTER	When I lose a game that I was really close to winning.	 STORM STARTER	When I'm trying to tell a story, but no one is listening.
 STORM STARTER	When someone bumps into me in line.	 STORM STARTER	When I forget my lines in the school play.
 STORM STARTER	When I can't find a matching pair of socks.	 STORM STARTER	When I have to wait a long time for my turn in a game.
 STORM STARTER		 STORM STARTER	When my favorite show gets canceled.






Kid Friendly Anger Thermometer

Students identify the triggers and physical cues for different angry feelings.

cut out circles to create a visual on the board or table



Storm Scale

Feeling	When it happens	What it looks like
 Furious		
 Angry		
 Frustrated		
 Bothered		
 Calm		

24 Weather the Storm Strategy Cards

Determine strategies that will work best for the student.

Strategies: Weather the Storm



TAKE A WALK

First, ask if you can take a walk. Go with an adult for a short walk to help get some space and reset. A change of scenery can be very helpful.



BLOW BUBBLES

Dip the wand in the bubbles. Take it out and hold it a couple of inches from your mouth. Take a small breath in. Slowly breathe out in one long breath.



GET A DRINK OF WATER

Sometimes, when our feelings are running hot, drinking water can help cool them down.



TALK ABOUT IT

Talk to someone about how you are feeling, what you are thinking, and what happened. You can talk to an adult or a friend.



HOT COCOA BREATHS



Independent Activities

Joanna

Hi! It's Joanna. I live with my parents and my baby sister. My parents are the best—well, as long as they do not bother me about cleaning my room. I have a new baby sister, too. She is super cute. She can't do much yet besides drooling on 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 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.

Ms. Michaels is my teacher and the nicest teacher in second grade. I'm so glad she is my teacher this year. She needs to try to make spelling less boring, though! She could also just cancel writing altogether. 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 weren'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 only told him to apologize. He's going to do it again.

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.



© Social Emotional Workshop

character stories

Feeling Bothered Frustrated Angry Furious

What would make you feel this way?

What does your body and face look like when you feel this way?

Draw a picture of when you would feel this way.






feelings worksheet

What storm starters might come up that would make you feel this way?

© Social Emotional Workshop

create personal forecast

Storm Scale


Feeling	When it happens	What it looks like
 Furious		
 Angry		
 Frustrated		
 Bothered		
 Calm		

© Social Emotional Workshop


Feelings Check-In & Exit Tickets

feelings check-in


STORM SCALE
Sometimes our feelings can get big and overwhelming like a storm.



STORM SCALE
Sometimes our feelings can get big and overwhelming like a storm.



STORM SCALE
Sometimes our feelings can get big and overwhelming like a storm.



© Social Emotional Workshop

3 exit ticket options

EXIT TICKET

TODAY I LEARNED

I AM WORKING ON

I FEEL

EXIT TICKET

TODAY I LEARNED

I AM WORKING ON

I FEEL

EXIT TICKET

TODAY I LEARNED

I AM WORKING ON

I FEEL

EXIT TICKET

TODAY I LEARNED

I AM WORKING ON

I FEEL

© Social Emotional Workshop

APPLY IT
How can you apply one thing we talked about today?

EXIT TICKET

By someone can tell you are angry?

What is one way someone can tell you are feeling angry?

Something that helps you feel angry?

What is something that helps when you are feeling angry?

EXIT TICKET

By someone can tell you are angry?

What is one way someone can tell you are feeling angry?

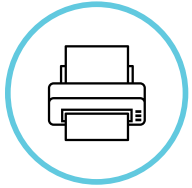
Something that helps you feel angry?

What is something that helps when you are feeling angry?

APPLY IT
How can you apply one thing we talked about today?

© Social Emotional Workshop

DETAILS



Color and blackline



Best for 2nd & 3rd grade



Individual or small group counseling



You might like

Storm Starter Game

WHAT MAKES YOU STORM?
Anger Counseling Game

What Makes You Storm?
When someone uses my things without asking.

What Makes You Storm?
When I can't come up with an idea for writing.

Social Emotional Workshop

Buy and save

Counseling Building Blocks

COUNSELING BUILDING BLOCKS

Planning Tools
First Session
Last Session
Check-Ins
Exit Tickets
Cool Downs

Social Emotional Workshop

Hi! I'm Laura

I create research-driven, uncomplicated tools and resources designed to build students' social and emotional skills in counseling or the classroom.

During ten years as a school psychologist, I wore all the hats - but the one I never took off was supporting my colleagues.

Whether you're a first-year counselor or a seasoned teacher, I want you to have the tools you need to support each student.

Visit [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

contact: support@socialemotionalworkshop.com



connect



shop

