

STORM STARTERS

UNDERSTANDING ANGER

Counseling activities to help students understand what triggers angry feelings.

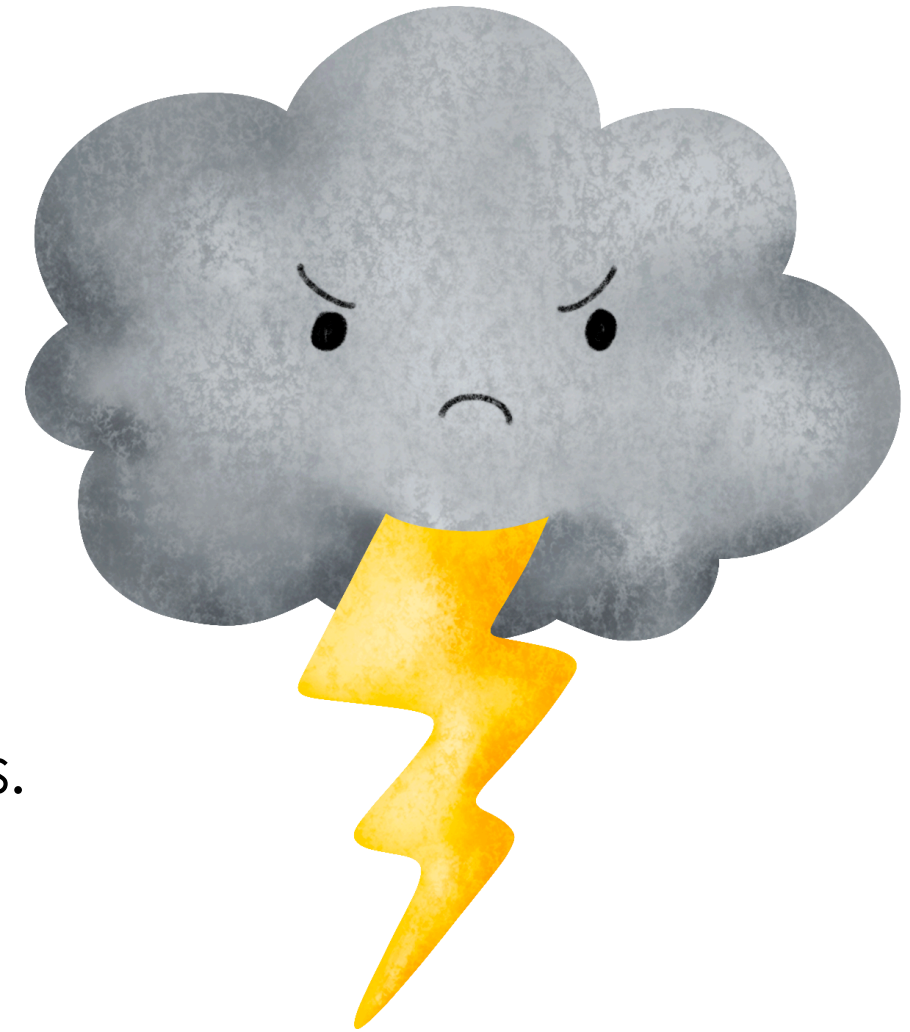


About This Resource

Help students understand that anger is a universal emotion, yet each person has unique triggers.

Exploring various scenarios and reflecting on their own experiences, students gain valuable self-awareness, learning to identify their personal triggers and reactions.

Promotes self-awareness
Encourages empathy



Lesson Plan, Visuals, & Exit Slips

SMALL GROUP COUNSELING LESSON

Objectives

Identifies emotions related to a situation or event.

I DO

Time: 10 minutes. Materials: Storm Starter Posters

1. Explain to students that something can happen and cause you to feel a certain way.

Different things happen and can make you feel happy, sad, angry, scared. Here are some examples of things that might cause different feelings.

Being left out of a game might make you feel sad or lonely.

Someone being unkind could make you feel angry or hurt.

A surprise party would make you feel excited and happy!

It's essential to understand your feelings and what causes them.

SMALL GROUP COUNSELING LESSON

WE DO

Time: 10 minutes. Materials: 5 Point Scale or Visuals, Cards

Do a think-aloud while creating your own Storm Starters List.

Everyone feels angry at different times. It is a feeling that happens, and you feel stormy inside. I definitely do this sometimes. How do you feel about this?

Choose a few examples and discuss how angry they would be on a scale to show that some events can make you feel more angry than others.

Now, let's see how we might feel different or the same about this, we'll use a five-point weather scale.

Have the student decide how different scenarios would be on the scale. Larger visual cards are provided if you want to use them.

SMALL GROUP COUNSELING LESSON

YOU DO

Time: 15-20 minutes. Materials: Storm Starter Poster

Use the provided worksheet or create your own to identify one of the types of Storm Starter from their own life. For instance, a student who is struggling with learning multiplication as their emotion.

Guide your students to personally identify a storm starter from their own life. For instance, a student who is struggling with learning multiplication as their emotion.

3 step lesson plan

Exit Slips

Something that makes you angry.

Something you don't get angry about but other people do.

exit slip

Something that makes you angry.

Something you don't get angry about but other people do.

Something that makes you angry.

Something you don't get angry about but other people do.





5 Point Scale and 50 Scenarios

 STORM STARTER	When my favorite sports team loses.	 STORM STARTER	When I lose at a game.
 STORM STARTER	When my drawing in art doesn't look right.	 STORM STARTER	When I get y... by a grownup
 STORM STARTER	When someone spreads a rumor about me.	 STORM STARTER	When someone tells me that I did something wrong.
 STORM STARTER	When we have to do group work and no one is helping.	 STORM STARTER	When my mom won't let me finish my video game.
 STORM STARTER	When someone won't play what I want to play..	 STORM STARTER	When I'm tired.

50 Simple Scenarios

5-Point Scale

Storm Scale

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

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Group Activity - Anger Histogram

Storm Starters

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.

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

 <p>STORM STARTER When I think my teacher is being unfair.</p>						
 <p>STORM STARTER When plans change at the last minute.</p>						
Put Storm Starter Here						
Put Storm Starter Here						



Storm Starter Examples

 <p>STORM STARTER My friends didn't invite me to go somewhere with them after school.</p>	 <p>STORM STARTER When I don't get picked to be the line leader.</p>
 <p>STORM STARTER When I think my teacher is being unfair.</p>	 <p>STORM STARTER When my teacher gets upset with me.</p>
 <p>STORM STARTER When my parents don't let me go somewhere.</p>	 <p>STORM STARTER When I'm hungry.</p>
 <p>STORM STARTER When my friend bosses me around.</p>	 <p>STORM STARTER When someone misunderstands something I've said.</p>
 <p>STORM STARTER When I'm in trouble with my parents.</p>	 <p>STORM STARTER When we have a substitute teacher.</p>

Easy Craft Activity



craft
version

worksheet
version

My Storm Starters



Name: _____

Storm Themed Visuals

STORM STARTERS



Something is hard to do

My feelings are hurt

I don't get what I want

I am embarrassed

I am tired, hungry, or thirsty

Something is unfair


I try hard and it doesn't work out

I get in trouble



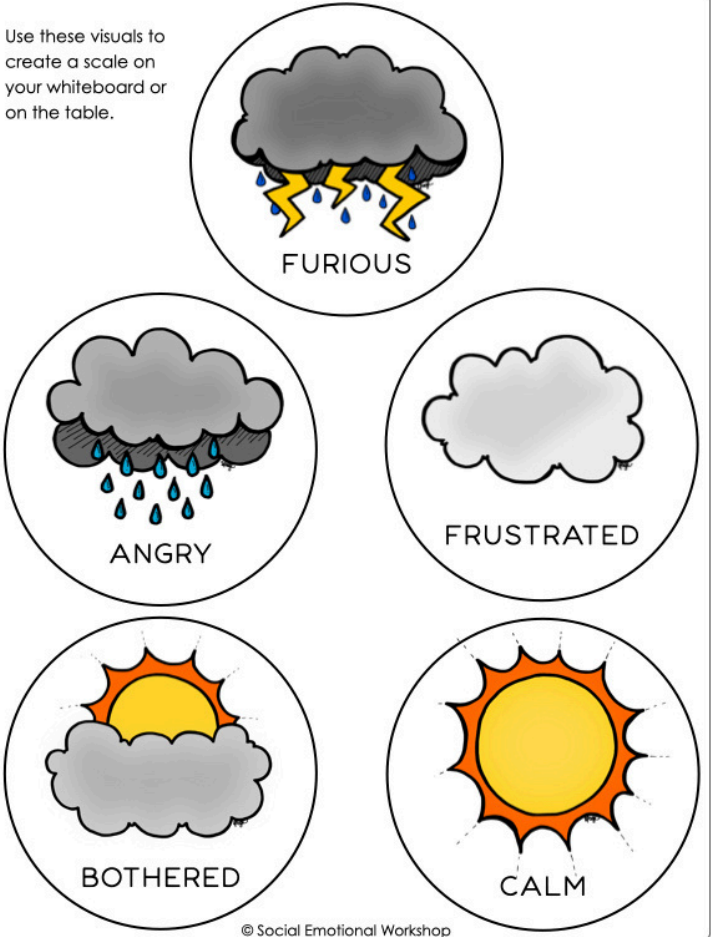
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STORM STARTERS



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Use these visuals to create a scale on your whiteboard or on the table.



FURIOUS

ANGRY

BOTHERED

FRUSTRATED

CALM

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STORM STARTERS



Something is hard to do

I don't get what I want

My feelings are hurt

I am embarrassed

I am tired, hungry, or thirsty

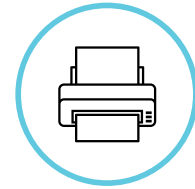
Something is unfair

I try hard and it doesn't work out

I get in trouble



DETAILS



Color and blackline



Best for 2nd & 3rd grade



Great for counseling & SEL

You might like

Helper Squad



Buy and save

Counseling Building Blocks



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!

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