

# Counseling Map - Anger

Session #1: Intro	Session #2: What is Anger?	Session #3: Anger Triggers	Session #4: Anger and Me	Session #5 My Angry Thinking	Session #6 Anger Watch
<b>Skill</b> Intro to Counseling and Psychoed about Anger	<b>Skill</b> Emotional Awareness & Management	<b>Skill</b> Emotional Awareness & Management	<b>Skill</b> Emotional Awareness & Management	<b>Skill</b> Emotional Awareness & Management	<b>Skill</b> Emotional Awareness & Management
<b>Subskills</b> 1a	<b>Subskills</b> 1a, 1b, 1c, 1e, 2d	<b>Subskills</b> 1d, 1f, 2d	<b>Subskills</b> 1g, 2d	<b>Subskills</b> 1h, 2a, 2b	<b>Subskills</b> 2e, 2f 2g, 2h
<b>Feelings Check-In</b> Feelings Chart	<b>Feelings Check-In</b> Feelings Chart	<b>Feelings Check-In</b> I feel _____ because	<b>Feelings Check-In</b> Feelings Spinner	<b>Feelings Check-In</b> Feelings Spinner	<b>Feelings Check-In</b> I feel _____ because
<b>Warm Up</b> Draw a picture of yourself or someone else when they are angry.	<b>Warm Up</b> Sort pictures of angry and not angry people.	<b>Warm Up</b> What does frustrated look like? What does it feel like?	<b>Warm Up</b> My top triggers	<b>Warm Up</b> Anger scenario - how can you avoid/prevent?	<b>Warm Up</b> Sort angry thoughts
<b>Session Activities</b> <ul style="list-style-type: none"> <li>• Intro to Counseling.</li> <li>• What is Anger?</li> </ul>	<b>Session Activities</b> <ul style="list-style-type: none"> <li>• Identifies anger and differentiates it from other feelings.</li> <li>• How anger looks on the outside.</li> <li>• How anger feels like on the inside.</li> </ul>	<b>Session Activities</b> <ul style="list-style-type: none"> <li>• Find your triggers.</li> <li>• Feelings thermometer.</li> <li>• Intro to coping skills.</li> </ul>	<b>Session Activities</b> <ul style="list-style-type: none"> <li>• Feelings thermometer.</li> <li>• You can tell I am angry when ...</li> <li>• Looking out for your own cues.</li> <li>• Avoiding and Ignoring triggers.</li> </ul>	<b>Session Activities</b> <ul style="list-style-type: none"> <li>• Spotting and changing angry thoughts.</li> <li>• Introduce distraction and Stop &amp; Think strategies.</li> </ul>	<b>Session Activities</b> <ul style="list-style-type: none"> <li>• On the lookout for signs of anger.</li> <li>• Respond to anger cues.</li> <li>• Create your own self-talk phrases.</li> </ul>

## Anger Counseling Map & Checklist

Flexible, skill-based plan for counseling



when  
I know to use a strategy  
when  
Cool Down

Counseling Maps™ are where a curriculum map meets a treatment plan.

A counseling map gives you a guide of the skills that need to be taught, just like a curriculum map, but with the flexibility to build sessions like a treatment plan.

They are perfect for planning individual counseling sessions and can be extended for group counseling.

This all saves you time while still being responsive.

# Counseling Map - Anger

<b>Session # 13</b> Being Assertive	<b>Session # 14</b> Learning to Listen	<b>Session # 15</b> What's Fair?	<b>Session # 16</b> Problems with Peers	<b>Session # 17</b> How to Handle It	<b>Session # 18</b> Problems with Adults
<b>Skill</b>	<b>Skill</b>	<b>Skill</b>	<b>Skill</b>	<b>Skill</b>	<b>Skill</b> Conflict Resolution and Communication

## EDITABLE COUNSELING MAP

<b>Feelings Check-In</b> Feelings Chart	<b>Feelings Check-In</b> Feelings Chart	<b>Feelings Check-In</b> I feel _____ because	<b>Feelings Check-In</b> Feelings Spinner	<b>Feelings Check-In</b> Feelings Spinner	<b>Feelings Check-In</b> I feel _____ because
<b>Warm Up</b> What choice do you make and why?	<b>Warm Up</b> Respond to a peer calling you a name with an I-message.	<b>Warm Up</b> Brainstorm communication skills that get in the way.	<b>Warm Up</b> Use an I-message to being treated unfairly.	<b>Warm Up</b> Solve a conflict with a friend who left you out.	<b>Warm Up</b> Prevent a conflict about cleaning your room.
<b>Session Activities</b> <ul style="list-style-type: none"><li>Sort passive, aggressive, and assertive communication (verbal and non-verbal).</li><li>I Messages.</li></ul>	<b>Session Activities</b> <ul style="list-style-type: none"><li>Active listening steps.</li><li>Active listening role-play.</li><li>Identify communication skills that get in the way.</li></ul>	<b>Session Activities</b> <ul style="list-style-type: none"><li>Fair/unfair situations.</li><li>Determining if something is fair/unfair.</li><li>Responding to being treated unfairly.</li></ul>	<b>Session Activities</b> <ul style="list-style-type: none"><li>Brainstorm common peer conflicts.</li><li>Brainstorm common conflicts with adults.</li><li>Identify ways to prevent conflicts (with peers and adults).</li></ul>	<b>Session Activities</b> <ul style="list-style-type: none"><li>Create plans on how to handle peer provocations and when you are accused of something.</li></ul>	<b>Session Activities</b> <ul style="list-style-type: none"><li>Solving conflicts with adults.</li><li>How to explain your role in a conflict.</li></ul>
<b>Exit Ticket</b> Rewrite a you statement into an I-statement	<b>Exit Ticket</b> Listen to a phrase, repeat it, and clarify.	<b>Exit Ticket</b> How can you respond when ....	<b>Exit Ticket</b> Way to prevent a conflict at recess.	<b>Exit Ticket</b> What to say when a peer calls you a name.	<b>Exit Ticket</b> Explain your role in the fight with your sister.
<b>Cool Down</b> Picture Your Happy Place	<b>Cool Down</b> Deep Breathing	<b>Cool Down</b> Deep Breathing	<b>Cool Down</b> Personal Affirmation	<b>Cool Down</b> Distraction	<b>Cool Down</b> Hand Squeezes



# COUNSELING MAP

A sequence of sessions based on missing skills that can be personalized to your individual student.

Build your counseling maps using the included skills checklists and a repeatable session structure.

1b | Describes physical responses to strong emotions.

# EDITABLE SKILLS CHECKLIST

1e | Describes own expression of anger.

1f | Distinguishes among intensity levels of an emotion.

1g | Recognizes and identifies personal cues for anger.

1h | Identifies negative thinking patterns related to anger

## 2. Emotional Management

2a | Uses a coping skill to manage anger - distraction.

2b | Uses a coping skill to manage anger - Stop & Think technique.

2c | Uses a coping skill to manage anger - competing activities.

2d | Uses a coping skill to manage anger - relaxation training.

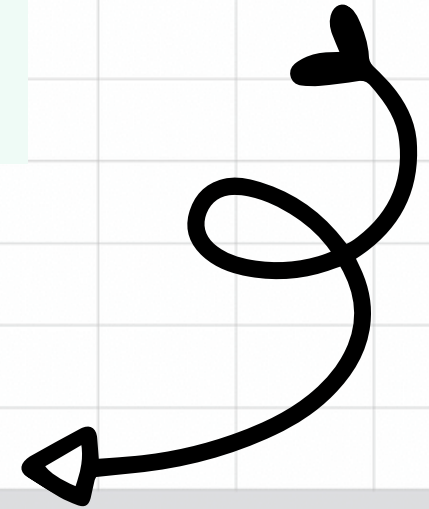
2e | Uses a coping skill to manage anger - verbal reminders

2f | Uses a coping skill to manage anger - avoid or ignore.

2g | Identifies strategies that would be most successful based on the intensity of the emotion.

2h | Uses cues about anger to know when to use a coping skill.

NOTES:





# SKILL AREAS

Self Awareness

Self Management

Problem Solving Skills

Assertiveness & Communication

Conflict Resolution



# Anger Counseling Maps

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## Parts of the Counseling Map

For me, each session included a feelings check-in, a warm-up, goal focused activities, usually an exit ticket, and a cool down exercise. What do your sessions include? Standard routines for a session can give a student a sense of predictability and safety. Add in your counseling routine to the each section or use the flow that I have.

## Grades 2 to 8

to build a feelings vocabulary and  
dy (e.g., feelings charts).

## Individual Counseling

The cool-down could also be something like sharing a goal for the week or restating their plan to handle an event this  
also get students in a good mindset to

## Editable

The activities that are included in the session bullet points are activities that will meet the goals/subskills of the session.  
Consider how you can use resources you already have and use some materials across sessions (e.g., feelings

## Flexible and skill-based

before you plan your activities. What  
should the student be able to do at the end of the session? Keep them to brief (1-3) questions.



## FAQ

Are there counseling maps for other topics?

Check [here](#) for all the counseling maps that are currently available. If you have a suggestion for another topic, email me at [laura@socialemotionalworkshop.com](mailto:laura@socialemotionalworkshop.com)

Are there activities included?

The counseling maps include possible activities you could use but does not include any direct student materials. You pick and plug in your favorite activities to address the skills.