

TIME OUT ON ANGER:

Learning Self-Control

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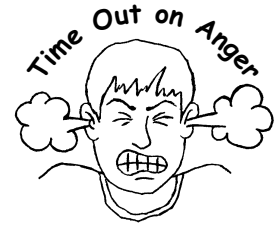
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INTRODUCTION



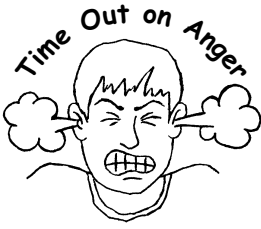
Young students are just embarking on their first steps in identifying and managing their emotions. While it may be easy for a child to recognize that she is feeling mad, it can be much harder for her to know what to do with her anger. Very often, children resort to “acting out” their angry feelings—by crying, yelling, sulking, breaking things, or even hitting others—simply because they do not yet have the skills to make better choices.

Time Out on Anger: Learning Self-Control was developed to introduce students to the basics of anger management. Students need to understand that although feeling angry is a normal part of our lives, acting with anger can be very destructive. With help, children can learn that their normal angry feelings do not have to be expressed in negative ways.

Learning to control one’s anger is an essential step in a child’s emotional and social development. When children learn to calm themselves down in a heated moment, they will be less likely to react with tears, tantrums or aggression. As children realize that it is their responsibility to control their emotions, they will begin to internalize this important skill.

Communication skills are also vital. Children need to understand the importance of talking about their angry feelings instead of holding them in. Often, confiding in a friend or trusted adult can defuse anger and help guide children to a solution. Good communication skills empower students to resolve their own conflicts without resorting to violence.

Anger management is an essential lesson for all children. By learning emotional self-control, children will grow up confident, assertive, and well-equipped to take on life’s challenges. The program and activities in *Time Out on Anger: Learning Self-Control* will help you prepare your students develop healthy strategies for emotional self-control.

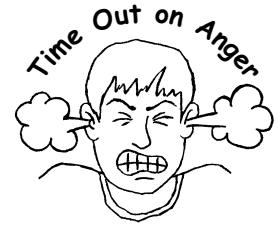


LEARNING OBJECTIVES

After viewing the program *Time Out on Anger: Learning Self-Control* and participating in the activities in this Teacher's Resource Book, your students will be able to:

- recognize that anger is a natural, healthy emotion
- appreciate that everyone gets angry at times
- realize that they can control their behavior, no matter how angry they feel
- understand that there are simple techniques to help them cool down when angry
- remember to stop and think before acting out their anger
- acquire more effective communication skills to express their emotions safely
- learn that there are ways to use their angry energy for more positive results
- experiment with positive ways to defuse their anger
- realize that they have the ability to solve many of their own problems
- understand that it's okay to seek the help of others in solving a problem

ABOUT THE PROGRAM



The *Time Out on Anger: Learning Self-Control* program is composed of four vignettes interspersed with comments from the narrator.

The four vignettes are summarized below. A full script for the program is also provided for your reference.

1. STOP AND THINK

Viewers learn the keys to STOP AND THINK in this vignette. William is angry because Emily won't take turns with him. He gets in trouble after he pushes Emily. In a "rewind" scene, William learns to stop, calm himself down, and then think about a productive, non-violent solution to his problem.

2. TALK OUT YOUR ANGER

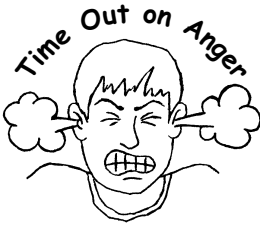
Viewers learn the difference between FEELING angry and ACTING with anger in this vignette. Lizzie doesn't like being bossed around by her brother and sister. She gets so angry that she breaks a dish. Her mother helps her understand that it's okay to feel angry, but it's never acceptable to act out your anger by hitting, yelling, hurting others or breaking things.

3. DON'T KEEP ANGER INSIDE

This vignette offers viewers tips on how to talk about their anger in a respectful way. Kayla assumes that her friends are laughing at her. Sulking, she refuses to sit with them at lunch. Later she realizes that she had misinterpreted their laughter. Viewers learn that it's important to talk out their anger instead of keeping angry feelings bottled up inside.

4. USE YOUR ANGRY ENERGY TO DO SOMETHING POSITIVE

In this vignette viewers learn that giving up won't help them deal with anger. It's better to use their angry energy to try harder and make positive changes. Ethan is not a very good basketball player. He feels so frustrated that he considers quitting the team. His father persuades him to use his angry energy to do something positive—practice harder and improve his game.

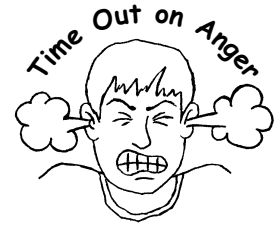


TEACHER TIPS

The following tips will help you make the most of the messages presented in the *Time Out on Anger: Learning Self-Control* program:

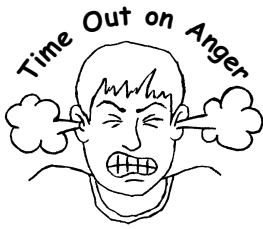
1. Use the *Pre/Post Test* with your class to establish how much your students have learned. The test may be given before viewing the video, and then again after the video and activities have been completed.
2. Take advantage of any situations that arise in class to highlight the video's key lessons. If a student acts out with anger, remind him of the lessons from the program. Similarly, if you see that a student is using the program's tips for self-control, take advantage of the opportunity to praise him.
3. Send the *Family Letter* home and encourage parents to participate in the lesson by working with their children at home. You may also want to include the *About the Program* sheet so that parents have a synopsis of the video's content.
4. Set up a reading nook devoted to books about dealing with anger. See the *Suggested Reading* sheet for some book ideas.
5. Your students may enjoy role-playing scenes from the program. Choose one of the vignettes, or let your students make their own choice. Use the *Script* to "direct" the scenes. Students can also write their own vignettes to perform.
6. The *Discussion Questions* will help you review and reinforce the contents of the program with your class. Use the opportunity to correct any misconceptions they may have.
7. Have students brainstorm their own class rules about anger. Create a poster or bulletin board where the rules are prominently displayed. See the *Classroom Affirmations* for more information about bulletin board starters.
8. Conduct the *Is This Okay?* class activity to help students discuss the difference between having angry feelings (which are normal) and acting out on anger (which can be dangerous).

DISCUSSION QUESTIONS



In the video, you saw William get in trouble for pushing Emily when he was mad. Lizzie was so frustrated about being bossed around that she yelled and broke a dish. Kayla sulked and ignored her friends when she felt angry. Ethan was so angry he nearly quit the team.

1. What do all these stories have in common?
2. Close your eyes and imagine a time when someone you know was angry. What did that person look like? What physical cues did the person display, (*i.e.*, clenched fists, furrowed brow, etc.)?
3. What do you look like when you are angry? What does it feel like when you are angry? What words would you use to describe how your body feels when you are angry?
4. Have you ever felt like any of the kids in the program? What did you do in that situation?
5. How did the children in the video calm themselves down? Can you do that, too? What is your favorite way to calm yourself down?
6. What does it feel like when you calm down? What words would you use to describe how your body feels when you are calm?
7. Is it okay to feel angry? Is it okay to act angry? What is the difference between feeling angry and acting angry?
8. Ethan almost gave up playing basketball because he felt so angry at his teammates. Have you ever heard the expression “Winners never quit?” What do you think it means?
9. What kind of anger rules would you like to create for our classroom?



CLASSROOM AFFIRMATIONS

The text below is excerpted from Lynne Namaka's *The Most Important Things To Remember About Getting Mad!* Share some of these affirmations with your class—they make excellent bulletin board starters. Encourage students to draw pictures or write stories that reflect these points:

I am in charge of my own feelings.

- It is okay to feel angry.
- I learn how to express my anger in ways that are helpful.
- Anger is part of being a human being and that's a wonderful thing to be.

I am in charge of my own behavior.

- I control what I do with my anger.
- I can control how I let my anger out.
- I feel good about being responsible for calming myself down.

I remember people are precious.

- I will not hurt others or myself with my angry words or actions.
- I watch my thoughts. I watch my words. I watch my actions.
- I feel good about treating people with kindness.

I choose to feel good about myself through speaking out.

- I express angry feelings in ways that are fair to others and myself.
- I use my firm and fair words: "I feel ____ when you ____."
- I feel good about saying what I feel and what I stand for.

I don't have to hold on to my anger.

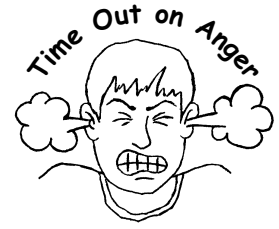
- I find ways to let my anger go.
- I talk about my hurt feelings and angry feelings.
- I problem solve things that make me upset.

I take my power!

- I stand up for myself. I stand up for others who are being hurt.
- I feel good about learning about myself and my emotions.
- I am powerful when I use my fair and firm words.

Source: www.angriesout.com/words.htm

CLASS ACTIVITY: IS THIS OKAY?

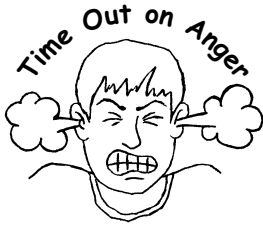


INSTRUCTIONS:

- Divide the class into two teams.
- Place two chairs at different corners of the room. On one chair, tape a sign that says “FEELING.” On another chair, tape a sign that says “ACTING.”
- Explain to students that you are going to read them some statements about people who are feeling angry.
- Students must determine if the people are showing their angry feelings (which is okay) or acting out their anger in a bad way.
- Once you read each statement, the students must go to the chair that is marked “FEELING” or “ACTING,” depending upon how they think the person is behaving.
- Whoever is correct gets a point for their team.

READ ALOUD:

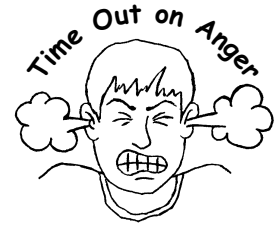
1. Samantha’s mom sent her to clean up her room. Samantha felt so angry that she started to cry. (FEELING)
2. Mario was mad because he didn’t get to finish his science project. He felt jealous of Celia’s finished science project and told her it was really stupid. (ACTING)



CLASS ACTIVITY: IS THIS OKAY? CONTINUED

3. Gina dropped her pizza on the floor. She grumbled while she cleaned up the mess. (FEELING)
4. Carl tripped over his baby sister's doll. He got so mad that he scribbled all over the doll's face with a crayon. (ACTING)
5. Leo broke Nicky's favorite robot toy by accident. He apologized to Nicky, but Nicky was too mad to talk to him for the rest of the day. (FEELING)
6. Celia's brother got such a good grade on his math test that their dad gave him a dollar as a reward. Celia was jealous. She hid the dollar to spite her brother. (ACTING)
7. At recess, Adam jumps ahead of Lee in the line for the water fountain. Lee takes a deep breath and thinks about what he should do. (FEELING)
8. In art class, Gina grabs Shante's crayon and breaks it. Shante calls Gina an idiot. (ACTING)

FAMILY LETTER



Dear Family Members,

Our class has viewed a program called *Time Out on Anger: Learning Self-Control*. The program is designed to help children learn to label their angry feelings and express them in appropriate ways. Viewers are told that there are many healthy ways to deal with angry emotions.

Ask your child what he or she learned from watching the program. Which story did your child like best? Why? Discuss how the information learned can be used at home. Together you might come up with examples of healthy ways to deal with anger.

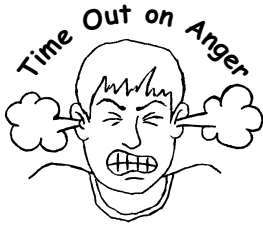
Talk to your child about the difference between FEELING angry (which is normal) and ACTING OUT with anger. The program tells viewers that it's never okay to:

- yell at people
- break something
- hurt someone
- hurt a pet or animal
- hurt yourself

If you and your child would like to read a book on anger together, I would be happy to provide you with a suggested reading list.

Thank you for helping us examine this important topic!

Sincerely,



SUGGESTED READING

Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst, 1972.

Armadillo Tattletale by Helen Ketteman, 2000.

Danny the Angry Lion by Dorothea Lachner, 2000.

Don't Pop Your Cork on Mondays! The Children's Anti-Stress Book by Adolph Moser and Dave Pilkey, 1995.

Don't Rant and Rave on Wednesdays! The Children's Anger-Control Book by Adolph Moser and Dave Pilkey, 1994.

Fightin' Mad: A Tale in Which Sherman Learns to Handle His Anger by Alan Kieda, 1999.

Finding the Green Stone by Alice Walker, 1997.

Goldie is Mad by Margie Palatini, 2001.

I Am So Angry, I Could Scream: Helping Children Deal with Anger by Laura Fox, 2000.

Josh's Smiley Faces: A Story About Anger by Gina Ditta-Donahue, 2003.

Just a Bad Day by Mercer Mayer, 1998.

Mean Soup by Betsy Everitt, 1995.

Sorry by Jean Van Leeuwen, 2001.

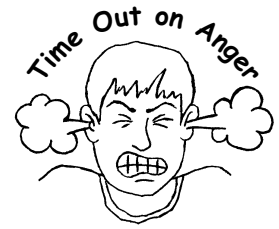
The Chocolate Covered Cookie Tantrum by Deborah Blumenthal, 1999.

The Grouchy Ladybug by Eric Carle, 1977.

The Pushcart War by Jean Merrill, 1987.

When I Feel Angry by Cornelia Spelman, 2000.

SCRIPT



LIZZIE

When I get mad, I want to scream.

ETHAN

Anger makes me feel yucky inside.

KAYLA

I want to explode.

WILLIAM

I feel like hitting something.

HOST

What do you do when you get angry?

That's what this program is all about.

Let's face it. Everyone gets angry sometimes. Kids, grown-ups, everyone!

And it's okay to feel angry. But how do you act when you get angry? Some people push or hit, and they could end up hurting someone else or themselves.

That's what happened to William.

SEGMENT ONE

On-screen graphic:

Stop and Think

HOST

There were lots of kids in William's after school program. Kids usually did homework, played games, drew pictures or read. Then one day, they got a

television with a DVD player. A girl named Emily immediately played a sing-along DVD that she wanted to watch. No one else wanted to watch it, so Emily watched it alone. The next day, Emily got to the TV first again! And picked the same sing-along DVD! The day after that, William brought in his favorite DVD to watch. But when he got there, Emily was already watching, you guessed it, the same sing-along DVD.

EMILY

I love this show.

WILLIAM

But you've been watching that all week!

EMILY

So? I was here first. I can watch what I want.

WILLIAM

It's not fair. That DVD stinks!

EMILY

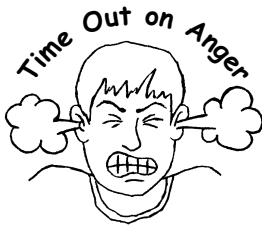
Hey! Don't push me!

MONITOR

Stop. What's going on here?

EMILY

William pushed me!



SCRIPT CONTINUED

MONITOR

William, you need to sit in my office.
I'll be there shortly.

HOST

William was angry, so he pushed Emily. He got in trouble for pushing, and that made him even angrier. What could he have done? Well, he could have used stop and think. If you feel yourself getting angry, take a second to stop and think. First, stop what you're doing. Take a moment to recognize that you're angry. Then, calm yourself down. Here's how: You can take a couple of deep breaths. You can think about something that makes you happy, like a trip to the beach or a favorite animal. You can count to ten in your head. You can talk to yourself—tell yourself to relax or calm down. And if none of those things work, you can walk away from whoever or whatever is making you angry.

On-screen graphic:

Stop!

Calm yourself down.

Take deep breaths.

Think about something happy.

Count to ten.

Tell yourself to relax or calm down.

Walk away.

HOST

Once you're not as angry, you can think clearly. Think: What can you do to make yourself feel better? What can you do about the situation? Who can you talk to?

On-screen graphic:

Think:

What can you do to make yourself feel better?

What can you do about the situation?

Who can you talk to?

HOST

Think about what else you can do about your angry feelings. Let's see how Stop and Think could have helped William.

WILLIAM approaches JACOB, KIRSTEN, AND SARAH.

EMILY

I love this show.

WILLIAM

But you've been watching that all week!

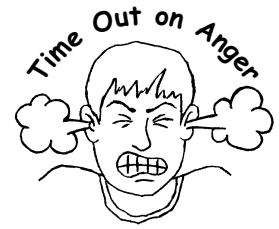
EMILY

So? I was here first. I can watch what I want.

WILLIAM

Stop. You know you're angry. You have to calm down. Relax. Take a deep

SCRIPT CONTINUED



breath. Count to ten. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. Okay. Now, think. She's hogging the TV and it's not fair. What can I do about this? I could just find something else to do, or I could get a bunch of other kids to talk to Emily with me. Together we could ask her to take turns, so we can watch different shows every day. Yeah, that sounds like the best idea!

WILLIAM

Hey, are you guys mad that Emily always gets to watch her DVD?

JACOB

Yeah.

KIRSTEN

It's not fair.

WILLIAM

Let's go tell her.

William, Kirsten and Jacob go to Emily.

WILLIAM

Emily, we want to watch a different DVD.

KIRSTEN

And we think it's unfair that you get to pick the DVD every day.

JACOB

Yeah. We want to watch something else.

EMILY

But I want to watch this one!

WILLIAM

Well, I have an idea. What if we wrote up a schedule? Each day a different person would be able to pick the DVD they wanted. That way, everyone could get a turn. What do you guys think?

KIRSTEN

Sounds good to me.

JACOB

I like it.

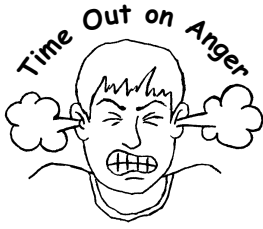
EMILY

Well... okay, okay.

KIDS make a schedule from construction paper. William takes out his DVD and puts it in the player. They all watch.

HOST

It's okay to feel angry. But when you do, pushing or hitting someone won't make you feel better and it sure won't solve the problem. Really, pushing or hitting just makes your problem worse. Stop and Think is a better way to deal with anger. Stop to calm yourself down. Think about what you can do. Then you can solve the problem and you won't be so angry anymore! Stop and Think works!



SCRIPT CONTINUED

SEGMENT TWO

On-screen graphic:

Talk Out Your Anger

HOST

What makes you angry? One day, Lizzie was getting angry because everyone was telling her to do things. Her brother...

BROTHER

Lizzie, the cat has to be fed. Do it now.

LIZZIE

Why can't you? It's your turn.

BROTHER

I have to go out. Bye.

LIZZIE

I have to do everything!

HOST

Her older sister...

SISTER

Lizzie, make your bed and mine, too. My friends are coming over.

LIZZIE

I'll do it later.

SISTER

Oh, and pick up the dirty clothes on the floor.

LIZZIE

But they're yours.

SISTER

Just do it or I won't take you to the movies like I said I would.

LIZZIE

Argh!

HOST

And then her mom asked to do one of her least favorite chores...

MOM

Lizzie, can you put the dishes away for me?

LIZZIE

Do I have to?

MOM

It's your turn, Lizzie. I need it done before I can start dinner.

LIZZIE

I'll do it later.

MOM

No. Now please.

LIZZIE

Fine.

LIZZIE places dish on counter from

SCRIPT CONTINUED



dishwasher. Next she pulls out a pot and slams it on the dish, which shatters.

HOST

Lizzie was so angry that she began to take out her anger on the dishes. That wasn't such a good idea...

LIZZIE

Oh, great... That's just perfect!

MOM

Lizzie! What did you do?

LIZZIE

This is so stupid! Why don't we just buy paper plates instead of using these ugly dishes? I wish they would all break!

MOM

You're in trouble, young lady.

HOST

Lizzie got so angry that she broke something. That wasn't a good way to deal with her anger. You see, it's okay to feel angry. But it isn't okay to act out your anger. What does it mean when you act out your anger? Yelling at people. Breaking something. Hurting someone. Hurting a pet or animal. Hurting yourself. It isn't okay to do any of these things when you're angry.

On-screen graphic:

When you're angry, it's not okay to:

- yell at people**
- break something**
- hurt someone**
- hurt a pet or animal**
- hurt yourself**

HOST

So what should you do instead? Well, you could talk your anger out. You could talk to anyone—a friend, a sister or brother, your parents, a family member, or anyone you know who is a good listener.

On-screen graphic:

Talk out your anger! Talk to:

- your friend**
- your sister**
- your dad**
- your neighbor**
- your teacher**

HOST

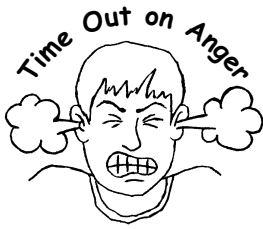
Let's see what would have happened if Lizzie talked out her anger instead of acting out her anger.

MOM

Lizzie, can you put the dishes away, now?

LIZZIE

Do I have to?



SCRIPT CONTINUED

MOM

It's your turn, Lizzie. I need it done before I can start dinner.

LIZZIE

I'll do it later.

MOM

No. Now please.

LIZZIE

But mom...

MOM

What?

LIZZIE (composing herself)

Today I had to feed the cat.

MOM

But I thought it was Jake's turn.

LIZZIE

He made me do it. Then Janice told me to pick up our bedroom because she had her friends coming over. It makes me so mad.

MOM

Well, I can see why.

LIZZIE

I don't mind doing chores, but I don't like it when everybody bosses me around.

MOM

I understand, honey. Listen, I will be sure to talk to Jake and Janice about bossing you around. And right now, I'll help you put the dishes away. How does that make you feel?

LIZZIE

Better. Thanks, mom.

Lizzie and mom empty the dishwasher.

HOST

Lizzie was angry, and it's okay to feel angry. Everyone does, sometimes. But, it's not okay to act out your anger.

Lizzie talked about her angry feelings to her mom. She learned that it can make you feel better. When you get mad, talk about your angry feelings.

SEGMENT THREE

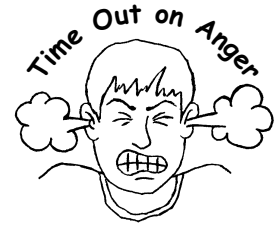
On-screen graphic:

Don't Keep Anger Inside

HOST

Sometimes people get angry because of a simple misunderstanding. That's what happened to Kayla. Kayla, Madison and Emma were best friends. They did everything together and knew everything about each other. One day when they

SCRIPT CONTINUED



were on their way to lunch, Kayla forgot something.

KAYLA
I left my art project in the art room. I'll be right back.

MADISON and EMMA
Okay!

MADISON
Hey, my brother got a new joke book. Want to hear some jokes?

EMMA
Yeah!

MADISON
What's the longest word in the English language?

EMMA
I don't know.

MADISON
Smiles! Because there's a mile between the first and last letter.

EMMA giggles

MADISON
Okay, if athletes get athlete's foot, what do astronauts get?

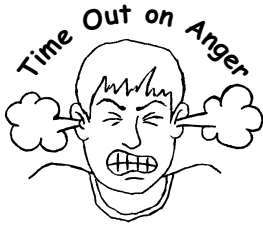
EMMA
What?

MADISON
Missile-toe!

MADISON and EMMA giggle.

KAYLA comes out of the classroom with her art project in hand. KAYLA trips and falls. MADISON and EMMA are still giggling. KAYLA thinks MADISON and EMMA are laughing at her. KAYLA gets up, turns around, and walks away in the opposite direction.

HOST
Kayla was mad at Madison and Emma because she thought they laughed at her when she tripped and fell. So Kayla decided not to have lunch with them. She sat by herself. But she's keeping her angry feelings bottled up inside. It's not good to keep your anger inside—it's always better to talk it out. Here's how. Before you talk it out, think about what you want to say to the person you're angry at. Be honest about your feelings. Be specific. Tell the person exactly what made you angry. Listen to what they have to say. By listening, you can work things out.



SCRIPT CONTINUED

On-screen graphic:

**Don't Keep Your Anger Inside—
Talk About It!**

**Think about what you want to say to
the person you're angry at.**

Be honest about your feelings.

**Be specific. Tell the person exactly
what made you angry.**

Listen to what the person has to say.

HOST

Let's see what happens when Kayla
doesn't keep her anger inside.

KAYLA

Listen, guys. I'm mad at you.

MADISON

Why?

EMMA

What did we do?

KAYLA

You guys were laughing at me when I
tripped and fell in the hallway. I looked
up and I saw you guys making fun of me.

EMMA

Oh no! You mean when you went to get
your art project?

KAYLA

Yeah.

EMMA

Kayla, we weren't laughing at you.
Madison was telling me a joke.

MADISON

Yeah! My brother got a new joke book.

KAYLA

Really? You mean, you guys weren't
laughing at me?

EMMA

No way. We'd never laugh at you.

MADISON

Yeah, Kayla. We're your best friends.

KAYLA

Oh. Well, I'm sorry I didn't sit with you
at lunch then.

MADISON

It's okay. It was just a misunderstanding.
I'm glad we talked it out.

EMMA

Yeah, me too. Let's always talk to each
other about stuff like this.

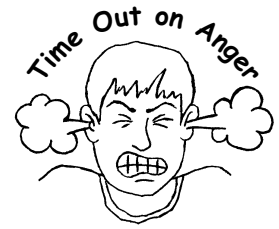
KAYLA

Yeah, that way we won't get mad at each
other.

MADISON, EMMA, and KAYLA

Deal!

SCRIPT CONTINUED



GIRLS exit together happily.

HOST

If you are angry at someone, it is better to talk it out than to hold a grudge. If you keep your angry feelings bottled up inside, they will only grow bigger and bigger. By talking it out, you can work out your anger and your problems, and feel better.

SEGMENT FOUR

On-screen graphic:

**Use Your Angry Energy—
Do Something Positive**

HOST

Ethan played in his town's basketball league. He wanted to be the best player on the team, but so far, it wasn't happening. His teammates never passed him the ball.

KIDS are playing basketball.

ETHAN

I'm open, I'm open!

BALL is passed to someone else.

ETHAN

Over here!

Team runs to the other end of the court.

ETHAN

Come on, guys! I'm wide open!

ETHAN is peeved.

BOYS are sitting on the bench after a game.

ETHAN

Why didn't you pass the ball to me? I was wide open!

CHRIS

Because you never score any points.

BEN

Yeah, you can't make a basket. Why would we pass to you?

ETHAN

You don't want to pass the ball to me? Fine! Then I'm not playing anymore!

ETHAN stomps away.

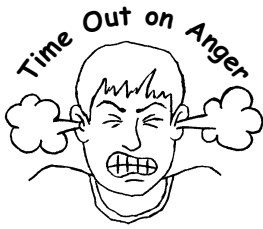
DAD is waiting to pick ETHAN up after practice.

DAD

How was practice?

ETHAN

I quit.



SCRIPT CONTINUED

DAD
What?

ETHAN
Those jerks never pass me the ball. So I quit! I'm never playing again.

DAD
But I thought you like basketball?

ETHAN
Well I did...

DAD
So why quit? Sometimes when we're angry, we want to give up. We want to say no, and just quit everything. But giving up isn't going to make you any happier, and it's sure not going to help you with your jump shot.

ETHAN
Then what do I do?

DAD
Well, whenever I'm angry, I try to do something positive with my anger.

ETHAN
Like what?

DAD
How about, instead of quitting, you used your angry energy to practice harder? What if you turned your angry energy

into a practice session—shooting foul shots, dribbling down the court, practicing lay-ups?

ETHAN
I guess I could try.

DAD
If you practiced harder, I bet your game would improve. You would score more points, and your team would pass you the ball.

ETHAN
I guess.

DAD
How about this? I'll help you create a weekly routine of exercises and practice sessions you can do to improve your game.

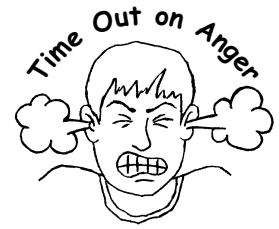
ETHAN
Okay.

DAD
If you stick to the routine, your game will improve in no time. Then you won't feel like quitting, and you won't be so angry anymore.

ETHAN
Thanks, Dad.

ETHAN practices basketball with his dad.

SCRIPT CONTINUED



HOST

So Ethan used his angry energy to practice his game. After a few weeks, his game improved. He felt more confident on the court and started making more shots. And his teammates noticed!

ETHAN makes a lay-up.

BEN

Wow! Nice one, Ethan.

CHRIS

Hey, Ethan! Have you been practicing?

ETHAN

Yeah!

CHRIS

Wow, you've got a great shot!

BOYS playing basketball. CHRIS passes ETHAN the ball. ETHAN makes a shot and scores.

HOST

Ethan's anger made him think about quitting something he liked to do—play basketball. Quitting, giving up, or saying no isn't the best thing to do. Instead, try and use your angry energy to do something positive. Ethan used his angry energy to improve his basketball game. What are some positive things you can do with your angry energy?

On-screen graphic:

What can you do with your angry energy?

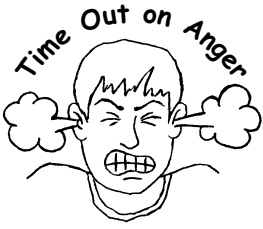
Try harder! If you're angry because you didn't do well in school, you can use your angry energy to study harder.

Improve yourself! If you're angry because you lost a game, use your angry energy to practice until your game improves.

Fix it! If you're angry because something broke, use your angry energy to try and fix it.

HOST

If you've got a lot of angry energy, use it to do something positive. You'll be glad you did. Everyone gets angry. And that's okay. It's what you do with your anger that matters. Use the tips you learned today to deal with your anger. You can Stop and Think. Talk out your anger. Don't keep your anger inside. Use your angry energy—do something positive! Now you know what to do when you feel angry.

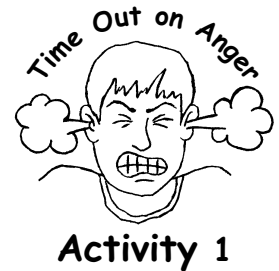


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STUDENT ACTIVITIES

Name: _____

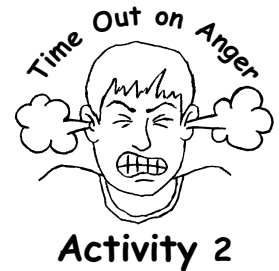


PRE/POST TEST

Read each sentence below. Circle "TRUE" if you think the statement is true. Circle "FALSE" if you think the statement is false.

1. Anger is a normal, healthy emotion. **TRUE / FALSE**
2. It's okay to hit someone or break something when you feel mad. **TRUE / FALSE**
3. When you feel angry, it helps to stop and think before you act. **TRUE / FALSE**
4. Real friends never get angry at each other. **TRUE / FALSE**
5. Talking about your feelings can help you feel better when you are mad. **TRUE / FALSE**
6. Anger can be turned into something positive. **TRUE / FALSE**
7. When you feel angry, it's best to keep your anger inside. **TRUE / FALSE**
8. People often regret things that were done in a moment of anger. **TRUE / FALSE**
9. You have control over your behavior. **TRUE / FALSE**
10. Only others can solve your problems for you. **TRUE / FALSE**

Name: _____



ANGER SOLUTIONS

Anger is a normal emotion. We all feel angry at different times. But how we deal with our anger is important. The video showed you some good ways to deal with your anger. Solve the puzzle below to see some of those good ways. Circle each third letter, and then write the circled letters in the spaces below. The first letter has been circled for you.

W	L	Ⓣ	S	I	A	M	S	L	U
S	K	E	F	E	R	G	N	Y	L
E	N	Q	R	J	A	G	I	B	Y
H	S	H	N	K	O	P	A	N	R
N	E	B	E	S	G	X	T	W	K
C	F	L	A	A	E	L	Z	I	M
T	G	L	M	S	Y	K	O	S	B
M	T	S	L	O	A	E	P	S	P
T	B	H	H	W	S	I	L	O	N
W	H	K	A	M	S	Q	I	O	F
E	L	B	M	V	S	H	E	I	Z

WHEN YOU ARE ANGRY, YOU SHOULD...

1. _____ to someone.
2. Use your angry _____ to improve the problem.
3. Be _____ about your feelings.
4. _____ explain how you feel.
5. _____ and _____.
6. Think of ways to _____ the problem.

Name: _____

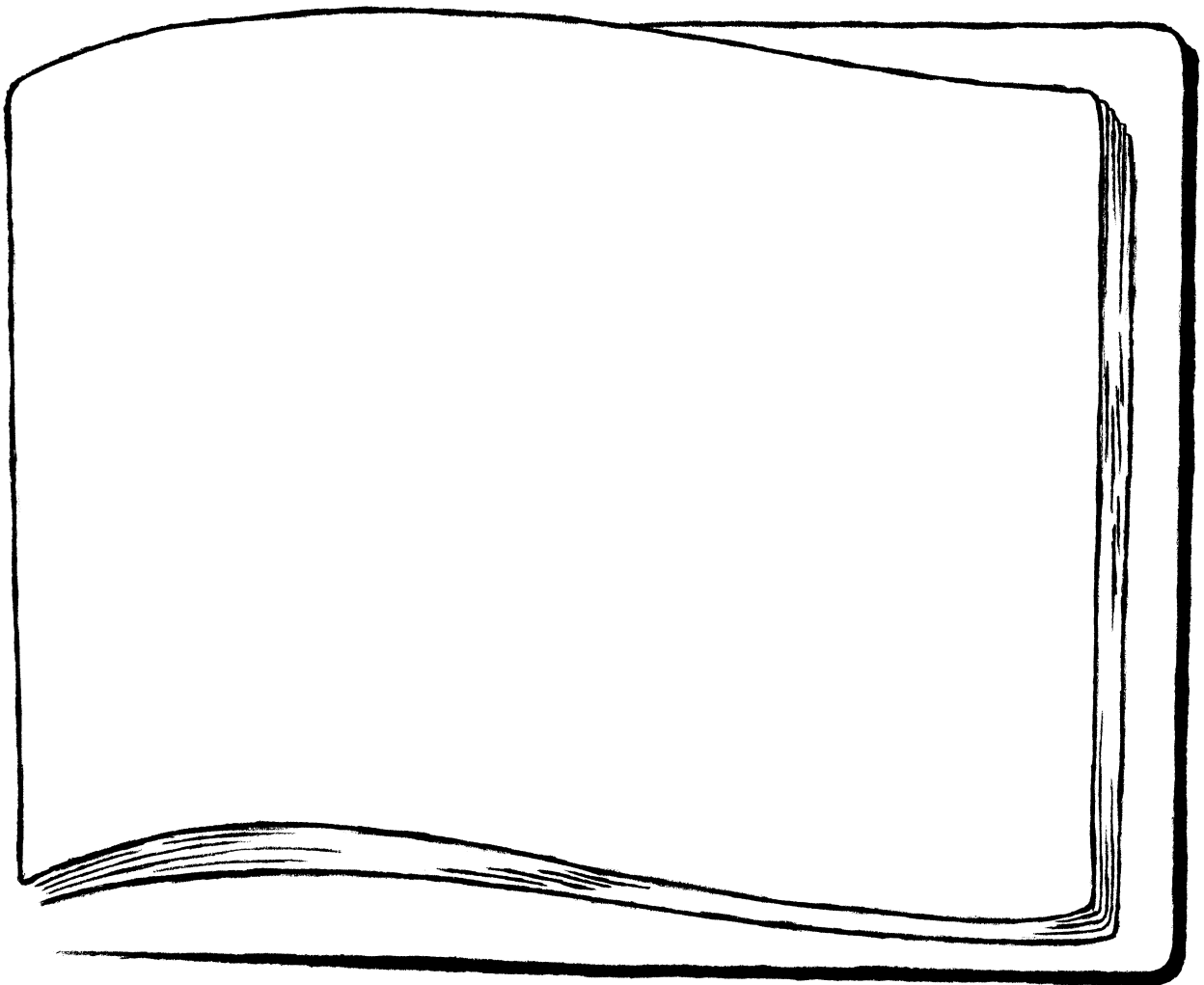


Activity 3

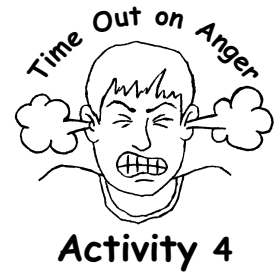
MOTHER GOOSE

When you were little, you probably heard many nursery rhymes. Now that you're older, here is your chance to be a "modern Mother Goose." In the space below, write a nursery rhyme. Your nursery rhyme should teach children a lesson about anger. Use the tips you learned in the video—stop and think, count to ten, talk about your anger, use your angry energy to do something positive—as the starting point for your rhyme.

Share your new and improved nursery rhyme with the class. If there is enough time, your class may decide to create an illustrated book of nursery rhymes to donate to a local pre-school.



Name: _____



FEELING IT

Our bodies give us plenty of hints about how we are feeling. It's called "body language." How does your body feel when you're angry? Describe what happens to your body when you feel mad.

Write a paragraph about a time when you felt angry. What did you do when you felt that way?

Is there anything you think you should have done differently? Explain your answer.

On the back of this page, draw a picture of how you feel when you are angry.

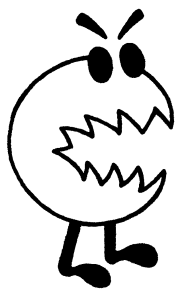
Name: _____



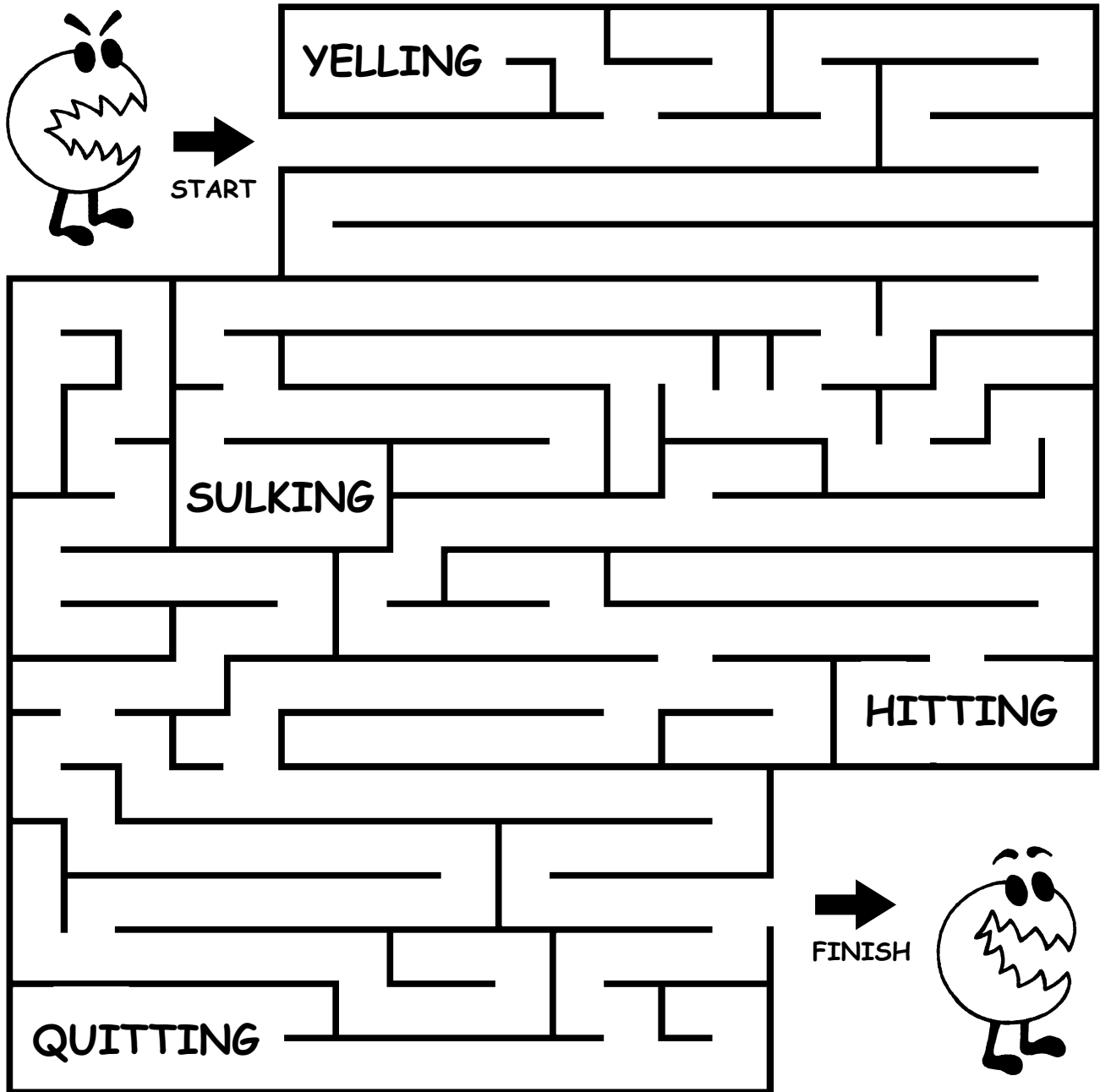
Activity 5

ANGER MAZE

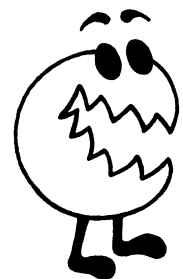
Max the Maniac is feeling very angry. What should he do? To get out of the anger maze, he must steer clear of any negative behaviors.



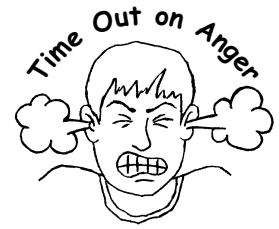
→
START



→
FINISH



Name: _____



Activity 6

WHAT CAN I DO?

There are many ways to calm yourself down when you feel angry. What makes you feel better? Draw a picture of yourself doing something that makes you feel better when you're mad. You can choose one of the ideas below, or create your own idea.

Stop and think

Calm yourself by breathing deeply

Count slowly

Hug a pet or a stuffed animal

Find a quiet place or sit alone

Write about your feelings

Tell someone how you feel

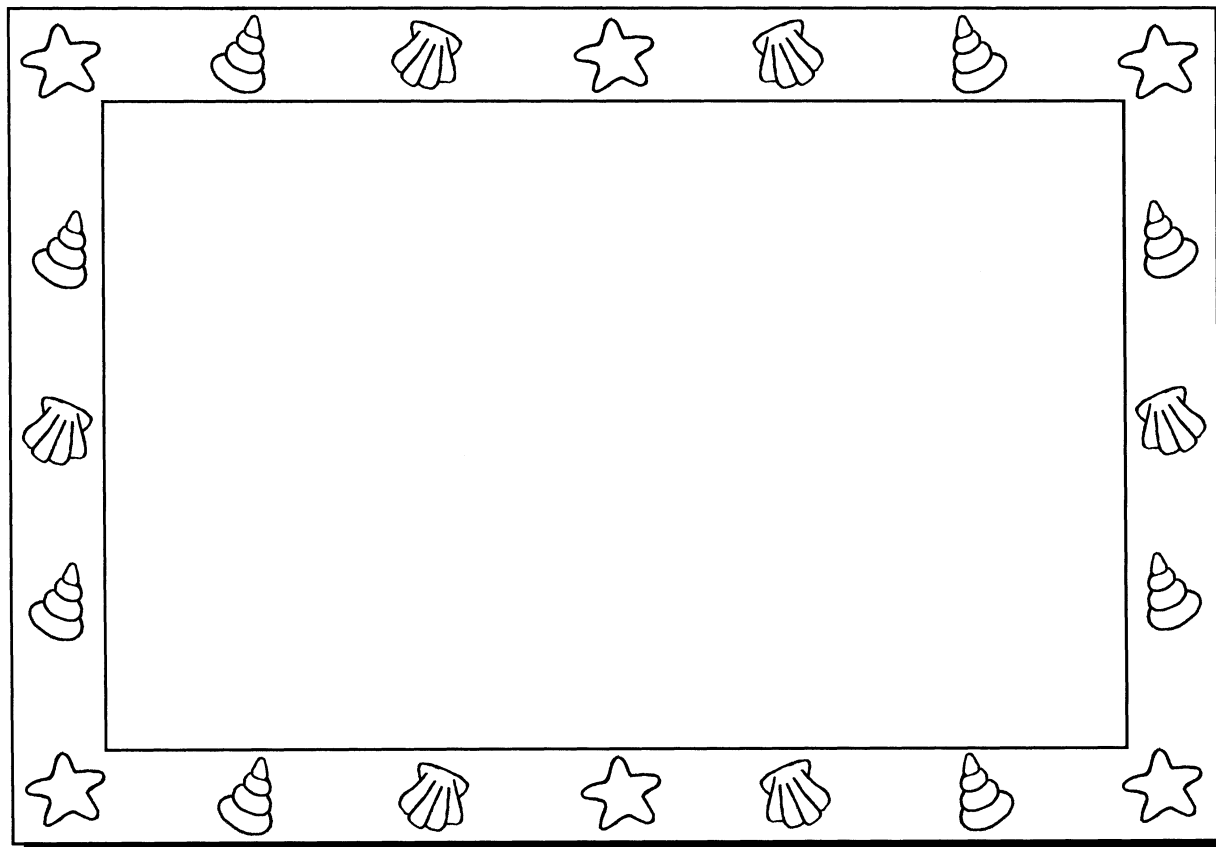
Look at books or read

Draw a picture

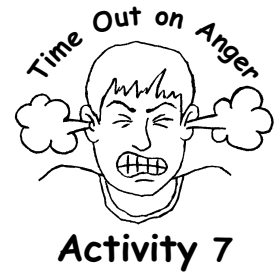
Play with your toys

Exercise, walk or run

Listen to music or sing



Name: _____



DECODE AND DECIDE

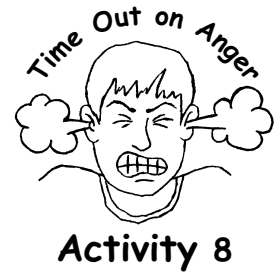
Remember, it's okay to FEEL angry—but it isn't okay to ACT OUT your anger in a way that can make your problem even worse. What does it mean when you act out your anger in a harmful way? Here are some examples of things that you should NEVER do when you're angry:

PICTURE CODE

A = ☆	B = ♣	E = ✎
H = *	I = ⊗	K = ✂
L = ♦	M = ⊙	R = ⊕
T = ❄	U = ✌	Y = ♠

1. ♠ ✎ ♦ ♦ at people. _____
2. ♣ ⊕ ✎ ☆ ✂ something. _____
3. * ⊗ ❄ someone. _____
4. * ✌ ⊕ ❄ a pet or animal. _____
5. * ☆ ⊕ ⊙ yourself. _____

Name: _____



IT'S YOUR CHOICE

Different situations require different reactions. Together with a partner, read the examples below and decide which response will be most useful. HINT: there might be more than one correct answer!

- A) take a deep breath / count to ten
- B) speak clearly with the person who is making you angry
- C) find an adult to help you deal with the problem
- D) use your angry energy to fix or improve the situation

1. Tate's brother always forces Tate to do his chores. _____
2. Ellie's best friend says, "If you don't want to join my club, we can't be friends anymore." _____
3. Madison wants to join the gymnastic club, but she can't do a cartwheel.

4. Jason's mom won't let him play video games until he cleans his room.

5. Miguel doesn't like it when his friend Joe teases him about his accent.

6. Nina is always interrupting Monroe when he tries to speak.

7. Leslie's dad has a rule: if you don't finish your homework, you're not allowed to watch television. _____

Name: _____



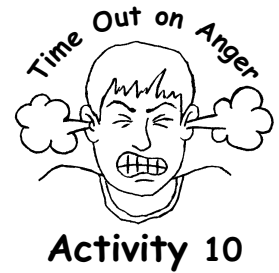
THINK IT OVER

Read the poem below. You might need to look up the word “wrath” in the dictionary. What do you think this poem means? Write your answer in the blank space below.

*I was angry with my friend;
I told my wrath, my wrath did end.
I was angry with my foe;
I told it not, my wrath did grow.*

—“A Poison Tree” by William Blake

Name: _____



SELF-TALK

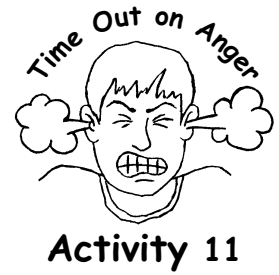
An important tool for dealing with anger is “self-talk.” Self-talk is like a conversation you have with yourself inside your head—the words you think when you are in a tough situation. Certain kinds of thoughts tend to make you angrier, while other types of thoughts can calm you down. The key is to replace angry thoughts with calm, soothing ones.

There are many things you can say to calm yourself down. For example:

- I'm calm.**
- Just relax.**
- I'm cool.**
- No big deal.**
- I'm okay.**
- I'm in control of myself.**
- Just shake it off.**

What other words can you tell yourself when you are angry and you need to calm down? Different words will work for different people. Use the space below to create your own calming self-talk statements.

Name: _____



WACKY WORDS

In the video, you learned many ways to deal with anger. Read the wacky sentences below and re-write them so that they make sense.

1. Ca lmyo urs elfd own.

2. Tak ede epbr eaths.

3. Co un ttot en.

4. Thi nkab outwh oyo uca ntal kto.

5. Ta lkou tyo ura ng er.

6. Beho nes tabo utyo urfe el in gs.

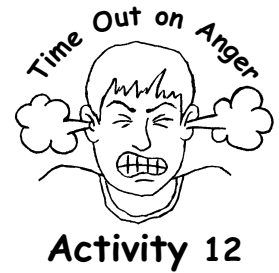
7. Lis tent owh att heot herper son hast osay.

8. Us eyo urang ryen ergy.

9. A skagr own upfo rhe lp.

10. Do n'tke epan geri nsi de.

Name: _____



A BETTER WAY

When you feel angry, sometimes it's easy to say things that you don't really mean. For each of the examples below, decide what the speaker could say that would be less hurtful and more direct.

Remember what you learned in the video:

- Don't keep your anger inside—talk about it!**
- Think about what you want to say to the person you're angry at.**
- Be honest about your feelings.**
- Be specific. Tell the person exactly what made you angry.**
- Listen to what the person has to say.**

1. "What makes you think something is bothering me? I'm fine!"

2. "Why should I care what you think? You're such a loser."

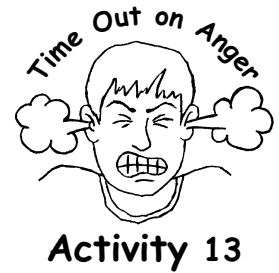
3. "Can't you just shut up? I'm not interested in what you have to say."

4. "Forget about it. It's not worth talking about."

5. "You're always saying stupid things. I don't even listen to you anymore."

6. "If you really liked me, you wouldn't act like such a jerk."

Name: _____

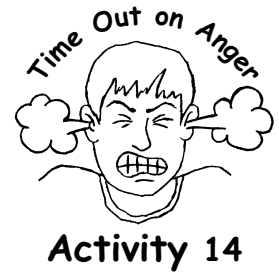


BOOK REPORT

For centuries, artists and writers have composed great works about anger. Think about stories you have read—some of the best ones probably revolve around a problem caused by one person's angry behavior.

Can you come up with an example of a book where a person's angry behavior caused problems? It may have been a fairy tale, a myth, a chapter book or even a comic book! Describe what happened below. Make sure that you explain why the person got angry, what he or she did, and what the final result was. Did the person learn a better way to deal with anger by the end of the story?

Name: _____



ANGRY ENERGY

Make a list of four good things you can do with your energy when you feel angry. In the boxes, you can draw pictures to show yourself doing these things.

A large, empty rectangular box with a black border, intended for drawing a picture related to the first item.A large, empty rectangular box with a black border, intended for drawing a picture related to the second item.

1. _____

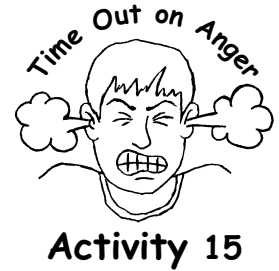
2. _____

A large, empty rectangular box with a black border, intended for drawing a picture related to the third item.A large, empty rectangular box with a black border, intended for drawing a picture related to the fourth item.

3. _____

4. _____

Name: _____



ASK A GROWN-UP



Here is your chance to be a reporter and find out more about how adults handle their angry moments.

Together with a partner, come up with five questions that you can ask a grown-up about how to deal with anger. You can interview your mom, your dad, a favorite relative or neighbor or someone in your neighborhood.

Here are four questions to get you started:

Tell me about a time when you felt angry.

What do you do when you feel angry?

What is the worst thing to do when you feel angry?

What is the best thing to do when you feel angry?

Now write down your own questions:

1. _____
2. _____
3. _____
4. _____
5. _____

When you are finished with your interview, write a report telling about what you learned.

Name: _____



Activity 16

WORD SEARCH

All of the words or phrases below are related to what you learned in the *Time Out on Anger* program. Find as many as you can in the word search below.

WORD BANK

ANGER CALM FEELINGS LISTEN RELAX
SHARE SOLVE STOP TALK THINK

S T O P A N D I F R E S A B S
T H I N K G F E X K O P Z N O
H J C P I Q E T N J O E A K L
J G Y Z L L J S Q T R J L S V
J M Y G I E A O T A G I F A E
M K D N O J W R H M A R X T U
U K G R R E V S Q D W P M K G
H S Y M R G X Q D Z T R R I C
T H B V T E K E J Y O E O K V
S P I M R R B G G L D L A N W
A P I E B B Q R A I T A L K Q
C C G X Z M I J K C U X Y W N
F N E E W N N U M M E A F F K
A J K H N E T S I L C O H V O
B I H P R K S T N I S M L A C

Name: _____



Activity 17

SIGN HERE

Now that you have learned more about anger, it's time to make a pledge for your future. Read the contract below and sign your name.

I, _____
agree that I will remember to take these steps
if I feel angry:

STOP!

- Calm myself down.
- Take deep breaths.
- Think about something happy.
- Count to ten.
- Tell myself to relax or calm down.

THINK!

- What can I do to make myself feel better?
- What can I do about the situation?
- Who can I talk to?

TALK!

- I won't keep my anger inside.
- I will be honest about my feelings.
- I will tell the person exactly what made me angry.
- I will listen to what the person has to say.



Name: _____



SOLUTIONS

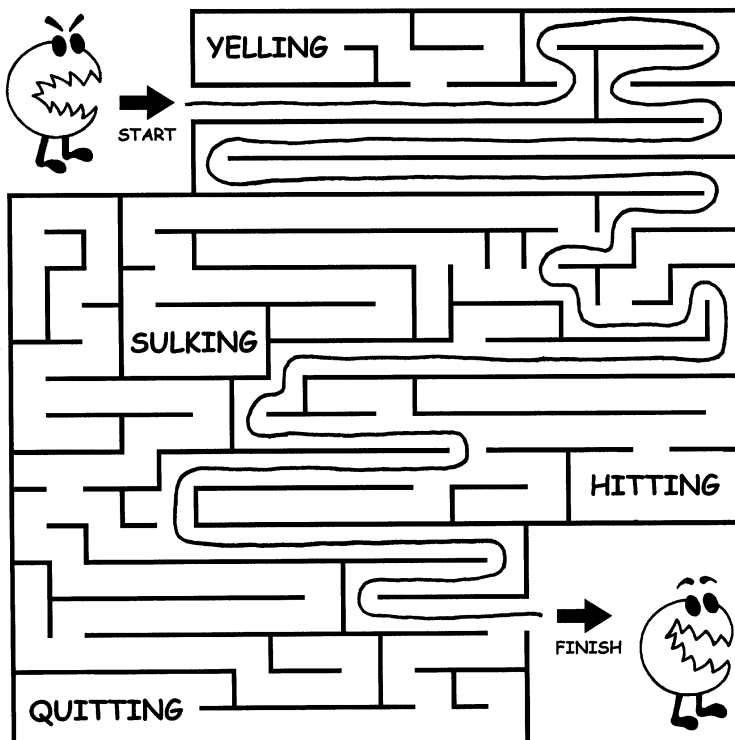
PRE/POST TEST on page 22

The correct answers are (1) True, (2) False, (3) True, (4) False, (5) True, (6) True, (7) False, (8) True, (9) True, (10) False.

ANGER SOLUTIONS on page 23

1. TALK to someone.
2. Use your angry ENERGY to improve the problem.
3. Be HONEST about your feelings.
4. CALMLY explain how you feel.
5. STOP and THINK.
6. Think of ways to SOLVE the problem.

ANGER MAZE on page 26



Name: _____



SOLUTIONS CONTINUED

DECODE AND DECIDE on page 28

1. YELL at people.
2. BREAK something.
3. HIT someone.
4. HURT a pet or animal.
5. HARM yourself.

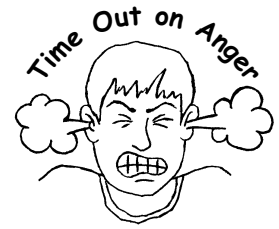
IT'S YOUR CHOICE on page 29

1. B, C
2. B
3. D
4. A
5. B
6. A, B
7. D

WACKY WORDS on page 32

1. Calm yourself down.
2. Take deep breaths.
3. Count to ten.
4. Think about who you can talk to.
5. Talk out your anger.
6. Be honest about your feelings.
7. Listen to what the other person has to say.
8. Use your angry energy.
9. Ask a grown up for help.
10. Don't keep anger inside.

Name: _____



SOLUTIONS CONTINUED

WORDS SEARCH on page 37

S	T	O	P	A	N	D	I	F	R	E	S	A	B	S
T	H	I	N	K	G	F	E	X	K	O	P	Z	N	O
H	J	C	P	I	Q	E	T	N	J	O	E	A	K	L
J	G	Y	Z	L	L	J	S	Q	T	R	J	L	S	V
J	M	Y	G	I	E	A	O	T	A	G	I	F	A	E
M	K	D	N	O	J	W	R	H	M	A	R	X	T	U
U	K	G	R	R	E	V	S	Q	D	W	P	M	K	G
H	S	Y	M	R	G	X	Q	D	Z	T	R	R	I	C
T	H	B	V	T	E	K	E	J	Y	O	E	O	K	V
S	P	I	M	R	R	B	G	G	L	D	L	A	N	W
A	P	I	E	B	B	Q	R	A	I	T	A	L	K	Q
C	C	G	X	Z	M	I	J	K	C	U	X	Y	W	N
F	N	E	E	W	N	N	U	M	M	E	A	F	F	K
A	J	K	H	N	E	T	S	I	L	C	O	H	V	O
B	I	H	P	R	K	S	T	N	I	S	M	L	A	C

Name: _____



OTHER PRODUCTS

<i>My Turn, Your Turn: Songs for Building Social Skills</i>	<i>grades K – 2</i>
<i>Wise Owl Says: When Telling Isn't Tattling</i>	<i>grades K – 2</i>
<i>Feeling Good About Me: Building Self-Esteem Through Responsibility</i>	<i>grades K – 2</i>
<i>Leader of the Pack</i>	<i>grades 2 – 6</i>
<i>My Best Me: All About Self-Esteem</i>	<i>grades 3 – 6</i>
<i>The Bully Proof Kit</i>	<i>grades 3 – 6</i>
<i>Character Ed Workbook Series</i>	<i>grades 3 – 6</i>
<i>Don't Drain Your Brain: How Alcohol Damages the Brain</i>	<i>grades 3 – 6</i>
<i>The Gateway Drugs Action Pack</i>	<i>grades 3 – 6</i>
<i>Clued In! Drug Busting Activity Books</i>	<i>grades 3 – 6</i>
<i>The Good Conduct Action Pack</i>	<i>grades 3 – 6</i>
<i>Brick by Brick: Building Respect and Good Character</i>	<i>grades 3 – 6</i>
<i>Using Your WITS: Strategies to Stop Bullying</i>	<i>grades 3 – 6</i>
<i>I Can't Do My Homework, Why?</i>	<i>grades 3 – 6</i>
<i>Portion Distortion: Seeing the Healthy Way to Eat</i>	<i>grades 3 – 6</i>
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