

# Anger Management (year 6)

**Lesson Objective:** To look at the factors impacting a young person help develop a self-designed strategy to deal with their anger

**What resources are required?**

1. Presentation appropriate to age group
2. Anger Management work book
3. Pens and paper for individual work

**Learning Outcomes:**

**All:** Basic knowledge of how a person's feelings can affect their mood and cause anger.

**Most:** A more in depth knowledge of the process of cause and effect linked to feelings

**Some:** A full knowledge of the processes used to help manage personal feelings thus enabling them to make good decisions and control anger

**What is the big picture?**

Young people have many pressures and due to these some have a poor ability to understand and thus control their feelings and emotions. This inability to control these areas can cause inappropriate outbursts of anger, leading to potential negative issues for the young person

**Starter Activity:** Introduction followed by a general introduction into feelings, emotions and anger, what they will learn during the sessions.  
1<sup>st</sup> session will cover rapport / relationship building.

**Main Activities:**

1<sup>st</sup> session (1 hour) – Rapport and relationship building to help establish trust and a general awareness of what the program is all about.

Session 2 onwards (1 hour or split into 2 X 30 min Sessions) will cover the various sub topics contained within the work book

**Plenary Activity:**

Over view of the completed work book, Followed by safeguarding process for disclosure etc.

**Assessment for Learning:**

Comparison of the opening and closing activities to show an increase in both awareness and knowledge of the young people

**Differentiation:**

The work books have been created for year 6 students but, dependent on the maturity of the individual young person the work book and sessions can be provided to students in year 5.

Suitable for both male and female students

**Extension Activities:**

Constant reinforcement by teaching staff to build on awareness raising session

**How will you know students have made progress?**

By the receiving of feedback from teaching staff and students on the sessions. Plus further feedback after completion of sessions, an improvement in behaviour and an ability to control their anger has become apparent. To gauge knowledge and awareness of the young people present at the presentation. Discussion about the work booklet by the students with peers, teachers and other family members.