



MODULE 9:

Anger Management

Learning Goals

During this module, participants will:

- ◆ Define anger.
- ◆ Identify and recognize how their bodies and minds react to anger.
- ◆ Learn how to deal with anger in a healthy and positive way.
- ◆ Learn three relaxation techniques.

MODULE 9: ANGER MANAGEMENT

DEFINE THE ISSUE

Imagine a youth yelling, “That’s it! I’m leaving!” and slamming the door behind her. Now imagine what the youth (and the bewildered guardian left wondering how to stop her) might have done to reduce the intensity of this scene.

Anger can make us act and react in a number of ways, including saying or doing something we may not mean. While getting angry is perfectly normal, feeling consistently angry can take a toll, both physically and emotionally. It is important to recognize that sometimes anger can mask another emotion that may be harder to manage—such as disappointment, jealousy, frustration, or rejection.

Module 9 is included in the curriculum because our research indicates that managing anger is important to runaway prevention. Module 9 asks participants to consider what flips their switches, what triggers feelings and reactions of anger, and how they might positively deal with these emotions.



ICONS:

For further details, see the Introduction Module.



MODULE 9: ANGER MANAGEMENT

MODULE ACTIVITIES

ACTIVITY	TIME	METHODOLOGY
A. Defining And Dealing With Anger	10 minutes	Discussion/Exercise
 B. Ways To Deal With Anger	20 minutes	Discussion/Exercise
 C. Relaxation Techniques	15 minutes	Discussion/Exercise

Total time required: **45 minutes**



MATERIALS

- ◆ Poster paper or chalk/dry erase board
- ◆ Crayons, colored pencils, or markers
- ◆ "Ways To Deal With Anger" handout
- ◆ "What Flips Your Switch? Page 1" worksheet
- ◆ "What Flips Your Switch? Page 2" worksheet
- ◆ "Relaxation Techniques" handout



Stress Reduction + Roles and Responsibilities



Consider showing the curriculum companion film "1-800-RUNAWAY".



MODULE 9: ANGER MANAGEMENT

ACTIVITY 9A. DEFINING AND DEALING WITH ANGER

10 minutes



INTRODUCE defining and dealing with anger.

STATE *Anger is a normal human emotion. It can be caused by anything from a friend's irritating behavior to worries about personal problems or memories of a troubling event.*

When handled in a positive way, anger can help people stand up for themselves and fight injustices. On the other hand, anger can lead to violence and injury.



If time does not permit, **CONTINUE** to the next activity, 9B. If time does allow:

STATE *Anger is an emotional state that can range from mild irritation to intense fury and rage. Feelings of anger actually produce physical changes in the body such as increased heart rate, blood pressure, and adrenaline.*

Think about the ways you deal with anger.

HAND OUT "Ways To Deal With Anger" worksheets.

STATE *These are just a few ways we can deal with our anger in a positive way. Let's take a look at these and also try to brainstorm some more ideas for each category.*

ASK *What ways can you think of?*

WRITE participants' responses on a chalk board or poster paper.

STATE *As you can see, there are many good ways to deal with anger.*

ASK *Do you have any questions or comments?*

DISCUSS responses.



MODULE 9: ANGER MANAGEMENT

ACTIVITY 9B. IDENTIFYING DIFFERENT TYPES OF ANGER AND HOW WE DEAL WITH ANGER

20 minutes



INTRODUCE

identifying types of anger.

STATE

Anger is an emotion we all feel at times. However, there are different types of anger. Some types of anger can surface during our day-to-day activities. For example, we might get angry when we miss a bus or when we're trying to explain ourselves to someone and feel we're not being understood.

In addition, anger can linger on. For example, we might get angry with our parents or family members about rules we feel are too strict. We can even be angry with friends who have treated us unfairly in the past.

ASK

What makes people angry? Upset? Frustrated?

DISCUSS

responses.

ASK

With whom do people usually feel angry?

DISCUSS

responses.

ASK

How do you know when someone is angry?

DISCUSS

responses.

ASK

Do others ever take their anger out on you? Yelling at you for no apparent reason? How does that make you feel?

DISCUSS

responses.

ASK

Do you ever take your anger out on someone else? Who?

DISCUSS

responses.

ASK

Why might you take your anger out on someone else? Because the person will "take it"? They'll still love you? They happen to be there? They're "safe" to unload on?

DISCUSS

responses.

ASK

What are some ways to deal with anger that can be harmful?

DISCUSS

responses.

ASK

What are some ways people who are angry can deal with their anger in a way that's not harmful to themselves or others?

DISCUSS

responses.

HAND OUT

"What Flips Your Switch? Page 1" worksheets.

READ

the directions aloud.



ALLOW

5 minutes for participants to complete the worksheet.

ASK

Did you learn something about yourself?

DISCUSS

responses.

HAND OUT

“What Flips Your Switch? Page 2” worksheets.

STATE

Some people notice changes in their bodies when they feel angry. For instance, one person may feel tension in her muscles while another may get a stomachache. This worksheet will help you identify how your body feels when you’re angry or upset.

GIVE

participants a selection of crayons, markers, colored pencils, or other media to use in designing figure drawings.

ALLOW

3 minutes for participants to complete the worksheet. If time permits, ALLOW participants the opportunity to show their figure drawings to the entire group.

STATE

As you can see, anger affects us all in different ways.

ASK

Do you have any questions or comments?

DISCUSS

responses.



MODULE 9: ANGER MANAGEMENT

ACTIVITY 9C. RELAXATION TECHNIQUES

15 minutes



INTRODUCE relaxation techniques.

STATE *Each of us is unique in how we feel, express, and deal with anger. One really great way to deal with anger is to relax. So, for the next few minutes we're going to learn some relaxation techniques you'll be able to use whenever you feel you are getting angry or agitated.*

These relaxation exercises are focused breathing techniques which help reduce anxiety and tension. You can do the techniques with your eyes open or closed. You can also do them at any time, and no one will even know you are doing them.

Let's get started!

HAND OUT "Relaxation Techniques" handouts.

STATE *One way to relax is to take deep breaths from your diaphragm—your belly, not your chest. We're going to use that type of breathing throughout these exercises. If you're having trouble, try breathing in through your nose and out through your mouth. You should feel your stomach rising about an inch as you breathe in and falling about an inch as you breathe out. If this is still difficult for you, lie on your back or on your stomach; you will be more aware of your breathing pattern. Remember, it is impossible to breathe from your diaphragm if you are holding your stomach in, so relax your stomach muscles.*

Now, let's review the breathing techniques.

READ the directions aloud.

HAVE each person do the exercise.

STATE *Count very slowly to yourself from ten down to zero, one number for each breath. With the first breath from your diaphragm, you say "ten" to yourself, with the next breath, say "nine," and so on. If you start feeling light-headed or dizzy, slow down the counting. When you get to "zero," see how you are feeling. If you are better, great! If not, try it again.*

ALLOW 2-3 minutes for participants to practice the breathing technique.



STATE

Now let's try another version of breathing activity.

As you inhale, count very slowly up to four; as you exhale, count slowly back down to one. Thus, as you inhale, you say to yourself "one, two, three, four," as you exhale, you say to yourself "four, three, two, one." Do this several times.

ALLOW

2-3 minutes for participants to practice the breathing technique.

STATE

We're going to learn one more technique. After each time you inhale, pause for a few seconds. After you exhale, pause again for a few seconds. Do this for several breaths.

ALLOW

2-3 minutes for participants to practice the breathing technique.

ASK

Did you feel different after any of the exercises? Which exercise did you find most helpful?

DISCUSS

participants' responses.

ASK

When are good times or places to practice these relaxation techniques?

DISCUSS

participants' responses. Responses might include "before I see my parents," "before a big test," or "anytime."

STATE

Some people relax best by talking to someone about their feelings. Remember, you can always talk to someone at the National Runaway Switchboard at 1-800-RUNAWAY.

ASK

Do you have any questions or comments?

DISCUSS

responses.

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MODULE 9: ANGER MANAGEMENT

SUMMARY

STATE

- *Anger is a normal human emotion and can come from many sources*
- *Anger can be handled positively or negatively.*
- *Feeling consistently angry can take a toll, both physically and emotionally.*
- *Relaxing is a good way to deal with anger.*
- *Breathing deeply is one way to relax and we can practice it at any time.*

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MODULE 9: ANGER MANAGEMENT

HANDOUTS AND WORKSHEETS

- A. Ways To Deal With Anger
- B. What Flips Your Switch? Page 1
- C. What Flips Your Switch? Page 2
- D. Relaxation Techniques

REFERENCES

Anger Management Fact Sheets for Teens (2005, October). Retrieved 2006 from <http://www.safeyouth.org/scripts/teens/anger.asp>

Davis, M., McKay, M. & Robbins Eshelman, E. (2000). *The Relaxation and Stress Reduction Workbook* (4th ed.). Oakland, CA: New Harbinger Publications, Inc.

Harper, G. W. (1999). A developmentally sensitive approach to clinical hypnosis for chronically and terminally ill adolescents. *American Journal of Clinical Hypnosis*, 42, 50-60.

National Runaway Switchboard (2001). *Runaway Prevention Curriculum For Classroom and Community Educators*, Chicago, IL: NRS

RESOURCES

American Psychological Association is a scientific and professional organization that represents psychology and maintains a website with resources on various development, emotional and behavior issues (<http://www.apa.org>).

BAM! Body and Mind is an online destination for kids created by the Centers for Disease Control and Prevention, an agency of the U.S. Department of Health and Human Services that gives information they need to make healthy lifestyle choices (<http://www.bam.gov>).

KidsHealth is a website that provides doctor-approved health information about children from before birth through adolescence. KidsHealth has separate areas for kids, teens, and parents—each with its own design, age-appropriate content, and tone (<http://kidshealth.org>).

National Runaway Switchboard is the federally-designated national communication system (hotline and website) for runaway and homeless youth. Youth and family members call 1-800-RUNAWAY or access the website to work through problems and to find local help (<http://www.1800RUNAWAY.org>).

National Youth Violence Prevention Campaign's goal to raise awareness and educate on effective ways to prevent or reduce youth violence. The website offers links to resources and education materials (<http://www.violencepreventionweek.org>).



WAYS TO DEAL WITH ANGER

Directions: Some people choose to ignore or bottle up anger, but this approach may actually cause more harm because the root problem is never addressed. Instead, try to manage anger so it can become more positive. Here are some ideas:

RELAX. Breathe deeply from your diaphragm (your belly, not your chest) and slowly repeat a calming word or phrase like “take it easy.” Think of relaxing experiences, such as sitting on a beach or walking through a forest.

THINK POSITIVELY. Remind yourself that the world is not out to get you; you’re just experiencing some of the rough spots of daily life.

PROBLEM-SOLVE. Identify the specific problem causing the anger and approach it head-on—even if the problem does not have a quick solution.

COMMUNICATE WITH OTHERS. Angry people tend to jump to conclusions. Slow down and think carefully about what you want to say. Listen carefully to what the other person is saying. At times, criticism may actually be useful to you.

MANAGE STRESS. Make sure to set aside personal time to deal with the daily stresses of school, activities, and family. Ideas include:

- Listening to music
- Writing in a journal
- Exercising
- Meditating
- Talking about your feelings with someone you trust

CHANGE THE SCENE. Maybe a change of environment would help reduce angry feelings. For example, if your friends are angry frequently or make you angry, consider making new friends who may contribute more to your self-confidence and well-being.

Need to talk? Call us.
1-800-RUNAWAY
National Runaway Switchboard
www.1800RUNAWAY.org

(Taken from National Youth Violence Prevention Resource Center’s Anger Management Fact Sheet for Teens)

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WHAT FLIPS YOUR SWITCH?

Page 1

Directions: Answer the questions below to help you understand more about yourself when you're angry.

◆ *What makes you angry? Upset? Frustrated?* _____

◆ *How do you know when you're angry?* _____

• *How do you feel, emotionally and physically?* _____

• *How do you act?* _____

• *What do you say?* _____

• *What do you think about?* _____

◆ *In what ways do you take your anger out on others around you? Who? (For example: slamming a door; being mean to your little sister or brother)* _____

◆ *How does that make you feel?* _____

◆ *Why might you take your anger out on someone else?* _____

◆ *How do you deal with your anger?* _____

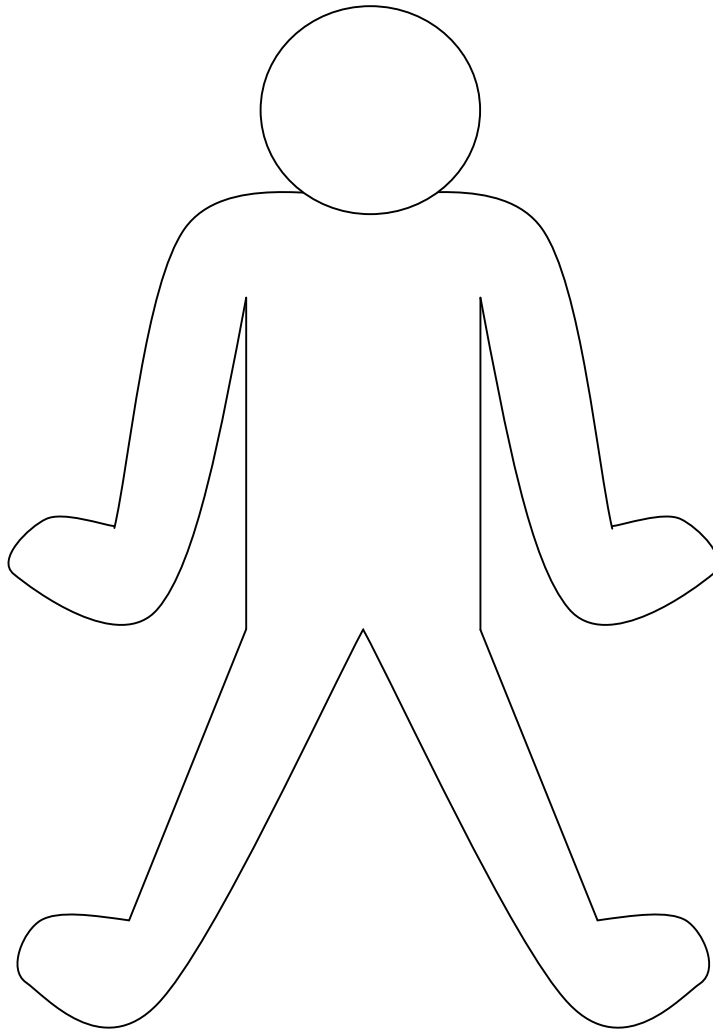




WHAT FLIPS YOUR SWITCH?

Page 2

Directions: On the figure below, draw or color how your body feels when you're angry or upset. Be creative!



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RELAXATION TECHNIQUES

These relaxation exercises are focused breathing techniques which help reduce anxiety and tension. These techniques can be performed with your eyes open or closed. You can also do them at any time and no one will even know.

For all of these exercises, make sure you are breathing from your diaphragm—that means **from your belly, not your chest**. If you're having trouble, try **breathing in through your nose and out through your mouth**. You should feel your stomach rising about an inch as you breathe in and falling about an inch as you breathe out. If this is still difficult, lie on your back or on your stomach; you will be more aware of your breathing pattern. Remember, it is impossible to breathe from your diaphragm if you are holding in your stomach, so relax your stomach muscles.

TECHNIQUE #1:

Count very slowly to yourself from ten down to zero, one number for each breath. With the first breath from your diaphragm, say "ten" to yourself, with the next breath, say "nine," and so on. If you start feeling light-headed or dizzy, count more slowly. When you get to "zero," see how you are feeling. If you are better, great! If not, try it again.

TECHNIQUE #2:

As you inhale, count very slowly up to four; as you exhale, count slowly back down to one. Thus, as you inhale, say to yourself "one, two, three, four;" as you exhale, say "four, three, two, one." Do this several times.

TECHNIQUE #3:

After each time you inhale, pause for a few seconds. After you exhale, pause again for a few seconds. Do this for several breaths.

GOOD TIMES TO USE A RELAXATION TECHNIQUE...

While riding in or driving a car (with your eyes open if you're driving!). Before you take a test or exam. When someone says something that bothers you. When waiting for an important phone call. Before going on a date. When you feel overwhelmed by a project or homework. While standing in line. Before an athletic game. Before a presentation, etc.

Need to talk? Call us.
1-800-RUNAWAY
National Runaway Switchboard
www.1800RUNAWAY.org



Module 9: Anger Management Pre and Post-Activity Worksheet

Initials:

Directions: Please put your initials at the top of the page and circle "pre" if you are taking the test before class or "post" if you are taking the test after class. Answer the following questions to the best of your ability!

What is your **gender**: _____ **Race/ethnicity**: _____ **Age**: _____

- Feelings of anger can produce physical changes such as increased heart rate, blood pressure, and adrenaline.
 - True
 - False
- Of the following, which answer is **NOT** a way to positively deal with your anger:
 - I gossip about someone to get back at them.
 - I breathe deeply from my diaphragm to relax.
 - I think carefully about what I want to say before I say it.
 - I approach the problem that is making me angry head-on.
- Anger can linger on _____.
 - until we think of something else
 - for long periods of time
 - until we have revenge
 - for a couple of days
- Breathing speeds used in a relaxation technique are supposed to be _____.
 - fast
 - short
 - slow
 - pulsing
- A good time to use a relaxation technique is _____.
 - before going on a date
 - before having a serious talk with your parent or guardian
 - before a test or exam
 - all of the above
- It is good to be aware of what makes you upset or angry.
 - True
 - False
- Which of the following is a positive way to deal with anger?
 - Stay in the same scene
 - Think negatively
 - Communicate with others
 - Hit someone or something
- What are some positive ways to manage stress?
 - Listen to music
 - Write in a journal
 - Talk with a friend
 - All of the above
- There are different types of anger.
 - True
 - False
- Anger _____.
 - can range from mild irritation to rage
 - is a human emotion
 - handled in a positive way, can help you fight for injustice or stand up for yourself
 - all of the above

