K – 2nd Self-Control/Anger Management

Goals:

- Identify and Understand Self-Control
- Identify triggers or “angry buttons”
- Demonstrate belly breathing and walking away as coping strategies
- Use “I-Messages” and self-talk as coping strategies

Students:
Small Group Lessons

Session 1 - Expectations and Intro to self-control
https://www.youtube.com/watch?v=GxCplsdCwxY (Cookie Monster video)
  - Play Candy Land to practice self-control

Session 2 -
  - Play “Anger Buttons” from Dr. Playwell’s Anger Control Games
  - Identify personal anger buttons on cut out “buttons”

Session 3 - Read When Sophie Gets Angry
  - Discuss “Sophie’s button” that was pushed.
  - Get out student’s buttons from last week.
  - Teach belly breathing
  - Teach self-talk
  - Practice walking away

Session 4 - Watch video on thinking first.
https://www.youtube.com/watch?v=LI92DLRdKYE
  - Play Tic Tac Toe practicing “Pause and Think”

Session 5 - Coping Skill “I - Messages”
  - play Feelings Jenga

Session 6 - Review with “The Anger Control Ball from Childwork Childsplay”
Expectations:

- Follow directions
- Actively listen to others
- Stay on-task
- Show respect
- Confidentiality
Confidentiality

Contract