Lesley Hayman’s Character Education Week Long Unit
DAY 2 – DEALING WITH MY ANGER

Objectives:
Students will illustrate or write about a familiar vocabulary word.
Students will share their feelings of anger with other students and discuss options for dealing with anger.
Students will be respectful listeners while others share their anger.

Materials needed:
• Paper for each student
• Crayons for each student
• Literature connection: The Recess Queen by Alexis O’neill
• Homework paper (included at the end of lesson plan)

Time: Approximately 45 minutes

Procedure:
1. Teacher will reflect on day one’s lesson. The class will make a whole group list of what we learned and enjoyed about dealing with certain situations and about choices we make leading to outcomes.
2. Read The Recess Queen (O’neill). Discuss what would make you angry at the main character in the book. Make a list of student responses.
3. Have the students go to their desks and draw or write about what they feel the word “angry” is. Ask the students to demonstrate in pictures and/or words what “angry” means. What does “angry” look like? Give the students 10 minutes to complete their work.
4. Have students pair up into small groups of 2 or 3. Give each student 1 minute to share their work. Teacher will walk around and informally assess student work. Teacher should be looking for: thought processes, complete work,
correct and on topic responses. Have 5 or 6 students share their work with the rest of the class. Have those 5 or 6 students use angry in a sentence, focusing on context clues to show what angry means.

5. Look up the word “angry” in a dictionary. On the board or overhead, write down the meaning and discuss that a definition tells us what a word means. Discuss the root word, “anger” and how it relates to the word angry.

6. Create a class list of words that mean the same as angry, and words that mean the opposite of angry. Keep this list posted throughout the unit.

7. Have the students close their eyes and think about one time they’ve been very angry. This can be anger at a pet, a person, a parent, a teacher, a toy, or anything else.

8. Hand out a sheet of plain drawing paper. Have the students draw and / or write about the situation in their heads. Encourage as much detail as possible. Allow students to write about or label their pictures. Give students 10 minutes to complete their work.

9. Have students break into groups of 5. Give each student one minute to share about the time they were angry. What made them angry? Why were they so angry?

10. Have students sit back at their desks and concentrate about their angry time. Ask the students to think about what happened next. How did they handle their anger? Was it a positive or negative way to handle their anger? Discuss that sometimes people don’t handle their anger well, or they handle it in a negative way. Give the students 10 minutes to write or illustrate how they handled their anger, encourage them to be honest, even if it’s not a good way to handle their anger.

11. Gather as a whole class. Have a volunteer come to the front to share their story (the teacher will share if they do an example.) Discuss the decision. Was the decision in this case positive or negative? If it was negative, what could the sharer have done to make it positive? If it was positive, what other positive ways could the sharer handled their anger?
12. Have students go back into their groups of 5. Have the students follow the class example by sharing what they did to handle the situation. Have others in the groups give ways handle the situation in a positive manner.

13. Collect the papers for assessment. Look for students who demonstrate a time they are angry. Make sure student includes a solution that matches the situation. Put all entries into a class book.

14. Pass out and answer questions about the homework assignment.

Reflections: Reflect on the lesson after it has been presented to the class.

POSITIVES:
NEGATIVES:
WHAT TO CHANGE:
WHAT TO KEEP:
Think of a time that you have been angry recently. Or think of a situation that could happen to you that would make you very angry. Draw and write about it here.
Good Job! Now, think of 4 positive ways to handle this situation.

THINK ABOUT IT! Why is it important to handle anger in a positive way?

HELPER’S SIGNATURE_______________________________________