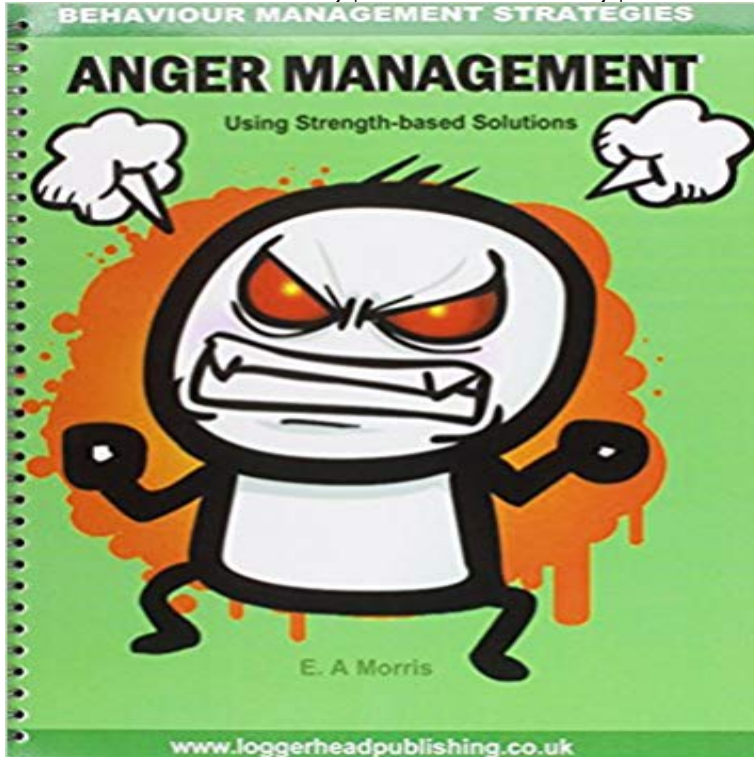


Anger Management 5-11 Session Plans Using Strength Based Solutions: Behaviour Management Strategies



Session plans to control childrens anger effectively. By E A Morris This anger management programme draws on research about the development of emotional and social intelligence which indicates that a well balanced and emotionally mature individual will be capable of greater academic achievement since they are not psychologically involved with inner tensions and emotional turmoil. To achieve emotional maturity this programme teaches: Self-awareness, Self-management, Impulse control, Active listening, Empathy, Ability to understand non-verbal cues, Stress-management, Conflict resolution, Mediation, Optimistic outlook, Acceptance of other people. Central to the programme is how to deal with angry outbursts - known as emotional hijacks when the brain floods with chemicals and all rational thought becomes impossible. It includes pre-emotional hijacks where biochemicals such as adrenaline and flight or fight hormones start to kick in, right through to the post-emotional hijacks. This resource is broken down into eleven session plans: 1)Feeling words 2)Feelings focus 3)Different kinds of anger 4)What I get angry about 5)What I can do when my anger is building up 6)When I talk to myself 7)Melt Down 1 - Describes how people feel when they experience an emotional hijack. 8)Melt Down 2 - Learning ways to stop the anger exploding. 9)After The Storm - Understanding what happens after an emotional hijack and learning empathy. 10)Making I Statements - Learning how to repair damage after an emotional hijack. 11)Rules For Myself - Helps children to work out their own rules for behaviour when they have an emotional hijack and evaluate what they have learnt about anger management. Each session plan details the aim, resources required, method, time to allocate, and is accompanied by reproducible student and teacher sheets. Age: 5-11 76 page A4 ring

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