


Safe
School

AIMHI EDUCATIONAL PROGRAMS

Anger Management:

Transform Student Anger to Personal Power

Caring
Community

The Anger Management Program is a hands-on, practical introductory program to teach anger management skills. It is based on an 8-session model; however, it can be extended if the opportunity exists. It's based on the five-component process for conflict education defined in *Free The Children: Conflict Education for Strong Peaceful Minds*, by Susan Fitzell. These five components are necessary to promote long-term results in any conflict, character, or anger education program.

CHAPTER /LESSON OUTLINE

Lesson 1: An Opportunity...

- Facilitators use this session to discuss why students are there from the students' perspective and to give them the opportunity to vent before the lessons begin.

Lesson 2: Are The Following Statements True?

- We Own Our Feelings
- We Have A Choice
- When we feel angry...
- Name Some Primary Emotions

Lesson 3: Physiological Definitions

- What Triggers Your Anger?
- Anger Reaction!

Lesson 4: Chemical Abuse and Emotions

- Mood altering drugs and their impact on emotions – Chemical factors

Lesson 5: The Roles We Play

- Conscious Roles
- Unconscious Roles
- Why?
- Consequences and Effects

Lesson 6: How Are You Feeling?

- Language for Emotions
- Understanding Self-talk and it's impact on emotions

Lesson 7: Ways to Express Anger

- What escalates anger? What deescalates Anger?
- Expressing Anger
- Why is it difficult to deal with anger?
- How do we learn to deal with anger? Who are our role models?
- How does our self-talk influence how we express anger?

Lesson 8+: Fight or Flight:

Not The Only Route To Survival

- How do You Give Away Your Power?
- Keeping Your Power
- STOP and Think!
- Self-talk –Positive or Negative?
- Healthy Choices & Strategies
 - Throw a Curve- do the unexpected
 - Stay centered
 - Use positive self-talk
 - Stand in his/her shoes
 - Keep it light
 - Assert with 'I' statements
 - Walk Away (with head held high)
 - Call "Time Out"
 - Empathize
 - Thought Stop
 - Ask yourself: Is it worth the price you'll pay if you fight?
 - Defend without Violence

Program costs:

Costs are determined on an individual basis.

Contact information:

To schedule a consultation/ training or for more information, telephone 210-473-2863 from 7:00 a.m. EST through 8:00 p.m. EST, Monday through Friday . Fax: 210-473-2863.

E-mail: sfitzell@aimhieducational.com* www.aimhieducational.com