



Social Emotional Virtual Learning

ECSE/Program

Coping with Anger

May 2020



ECSE/Program Social Emotional Learning

Learning Target:

Students will learn coping strategies when they are angry.

First, watch this [video](#).



- When **you** feel angry:
 - Your heart beats fast
 - You feel warm
 - Your body feels tense
- **Others** can see you're angry:
 - Your hands are in fists
 - Your face you make

Remember:

It's ok to feel angry, but it is not ok to let your anger hurt someone.

Your turn:

What are some things that makes you angry?



Here are some examples:

- When my brother takes a toy from me
- When my mom says “no”
- When I lose a game

What can you do when you're angry?

I can take a break by going to my favorite quiet place!

Here are some ideas!

I can talk to my brother!

I can take deep breaths and count to 4!

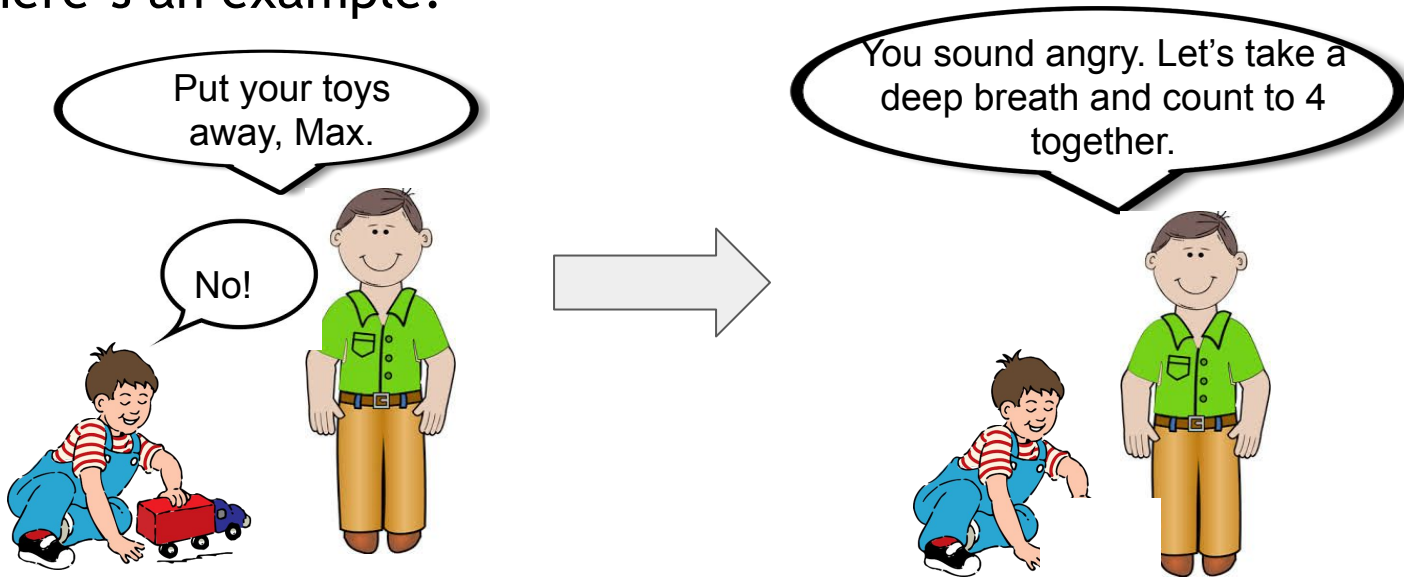
I think about what is making me angry and how to solve it!



Your turn:

With a grown-up, act out a situation when you are angry, and practice using one of these strategies with an adult.

Here's an example:



Self-Check:

The next time when you are angry, try one of the strategies that you learned today!

