

Anger Management Assistance Model C

Explain the following:

1. Everyone feels anger now and then in different degrees.
2. People feel anger for a variety of reasons.
3. How people react in words or actions to anger is what is important.
4. There are several things people can do to feel better and the student management worksheet is a tool that will help.
5. After the students have completed the Student Anger Management Worksheet (Handout [blank]) and the Five S's to Problem Solving (Handout [blank]), go over their responses.