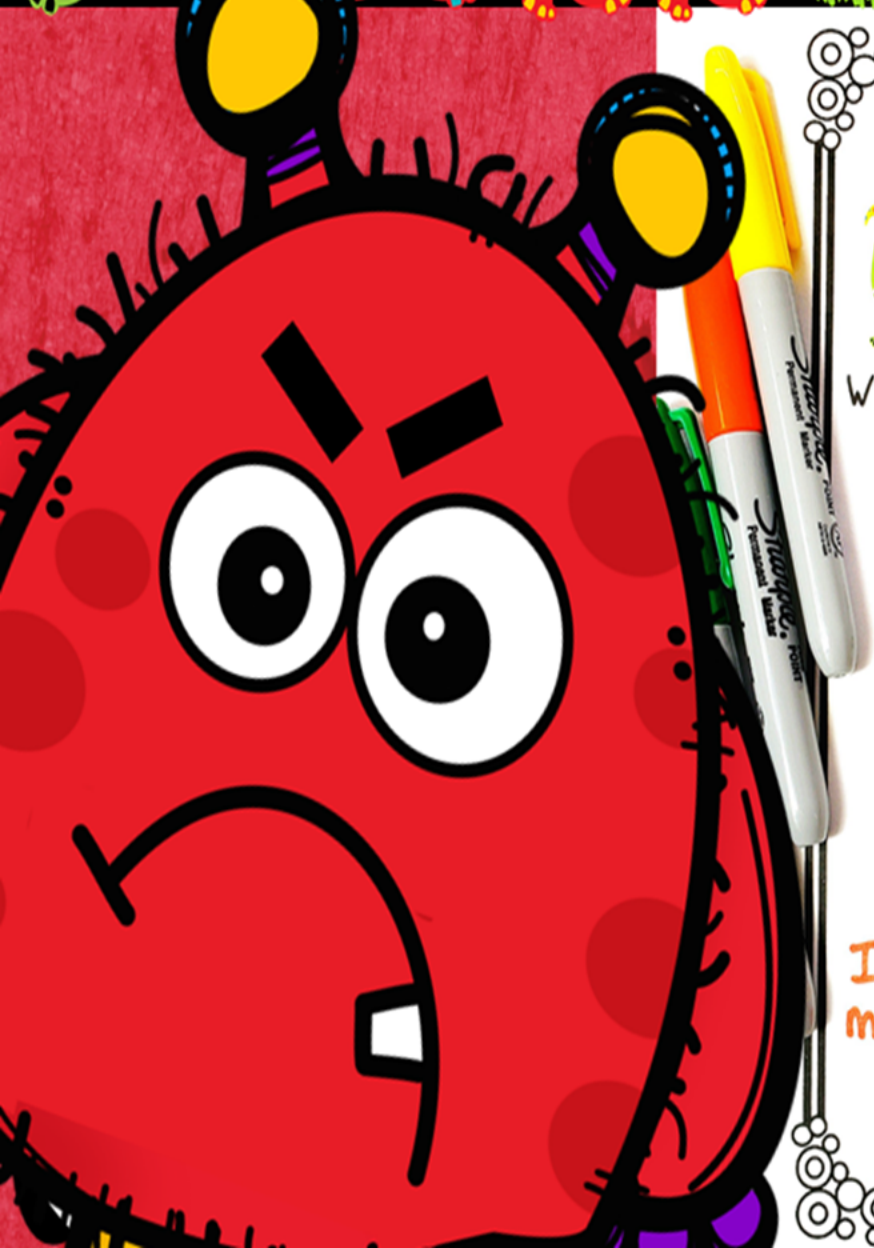
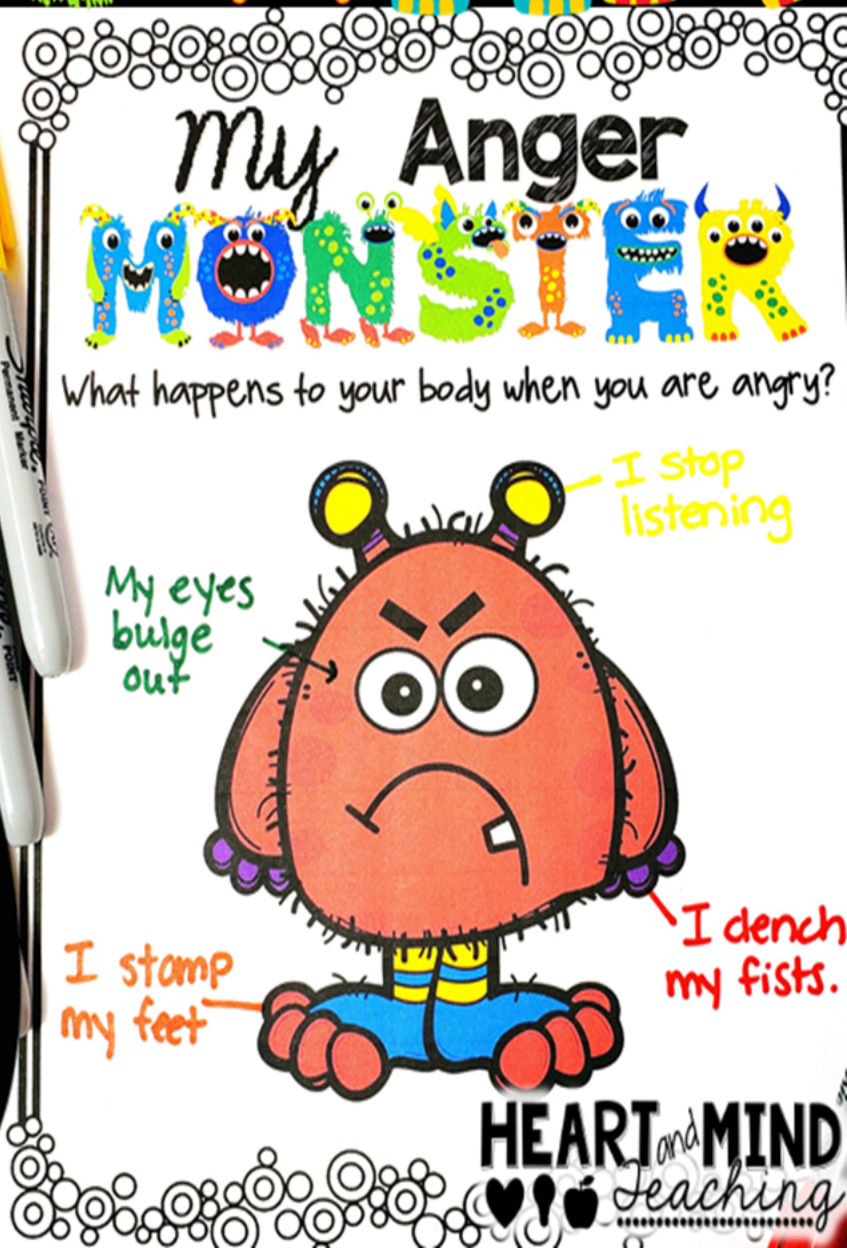
my ANGER MONSTER





MY ANGER MONSTER

Session Objective:
*Students will identify how their body feels and looks when angry.
*Students will recognize different actions that make them angry.

Materials:
*Pencils
*Crayons
*My Anger Monster handouts

Guiding Questions:
*How do we look when we are angry?
*What are some things that make us feel anger?

ASCA Standards Alignment:
*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M I)
*Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS I)

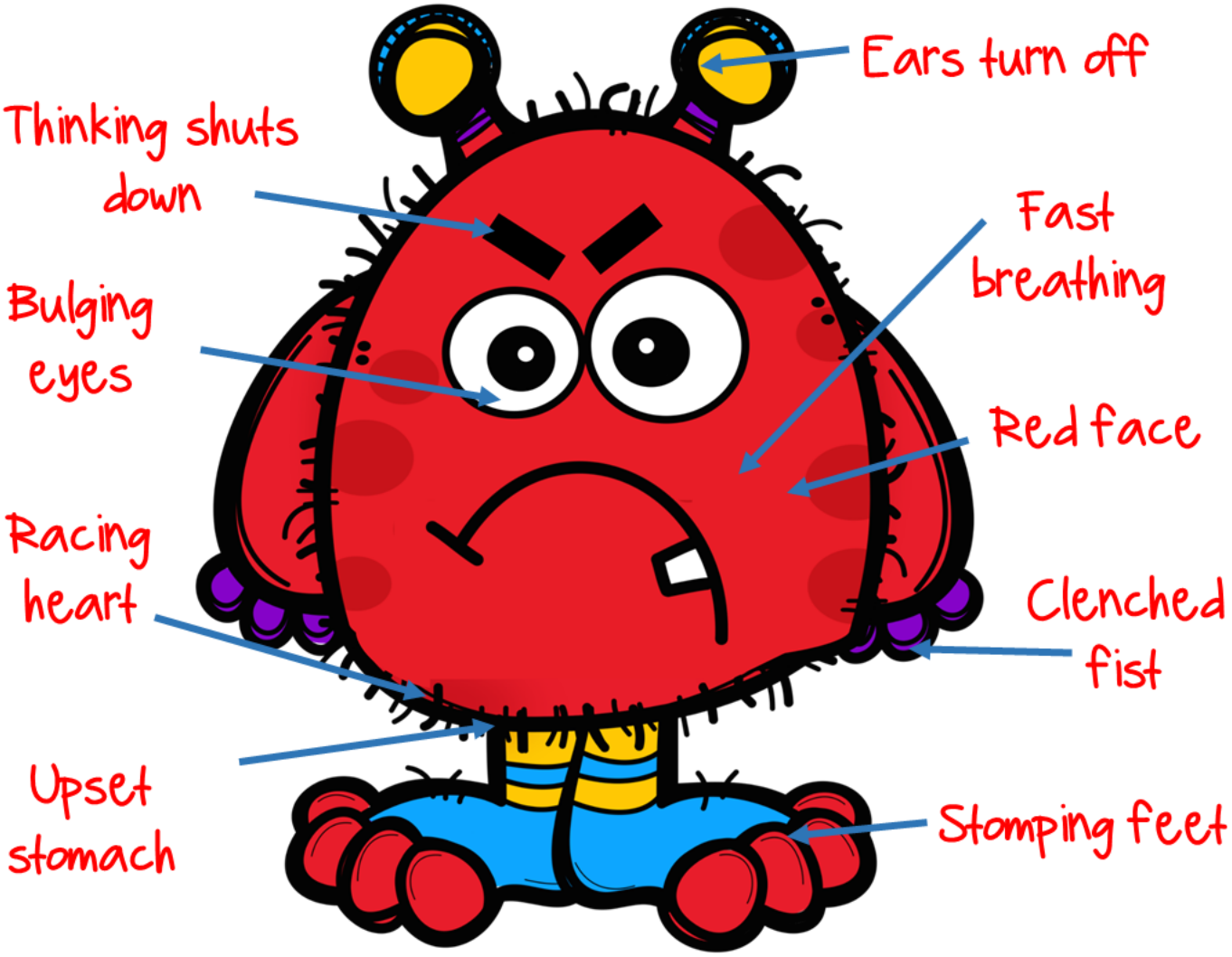
SEL Competencies:
*Self-awareness: identifying emotions, accurate self-perception.
*Responsible decision-making: identifying problems

Session Details (about 30 minutes)
*My Anger Monster activity: "Everyone's anger is expressed differently, some people get red in the face, some cry, some scream, some stomp their feet. It's important to identify how our anger looks so we know when we are starting to get angry, and can then do things to calm down before we explode." Pass out the anger monster handout. Show them the example of the one that is completed. "This is your anger monster, describe how you look or act when angry then share with the group. You will notice some of us express our anger in the same way." Pass out the color my monster handouts. "Now that we know how we look when angry, let's find out what makes us angry and what does not, color in the monster based on the color code and then we will discuss who has similar things that make them angry." Once everyone has completed their pages, go through each one and discuss why they put not angry, a little angry, or very angry. Next, give them the last two pages to complete about people and places that make them angry. "It's important to also determine what others do to bring out our anger and locations that cause frustrations to us."

© Heart & Mind Teaching

My Anger Monster

What happens to your body when you are angry?



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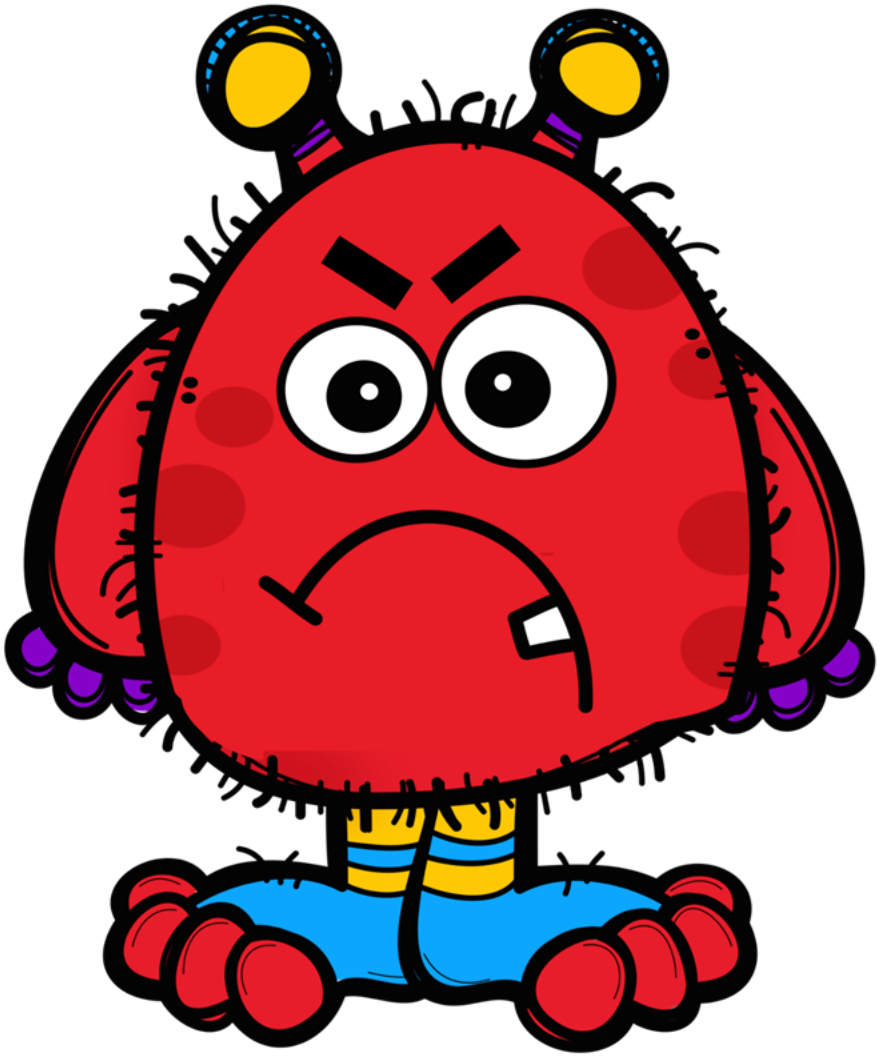
My Anger Monster

What happens to your body when you are angry?



© Heart & Mind Teaching

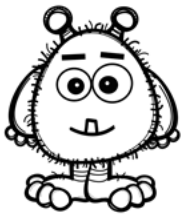
Color your Anger Monster

Not Angry

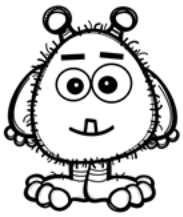
A little Angry

VERY Angry

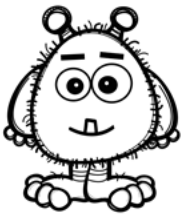
Color the monsters using the color code above, based on how you would feel to each given situation.



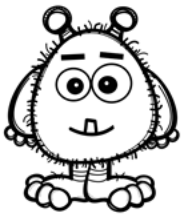
Someone teases me.



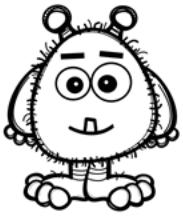
Someone bosses me around.



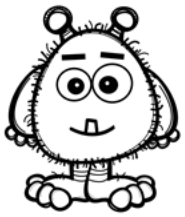
Someone breaks my stuff.



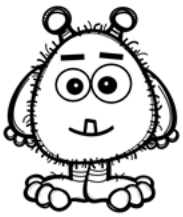
Someone won't let me play.



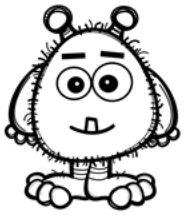
Someone beats me at a game.



Someone bumps into me.



Someone gets in my way.



Someone tattles on me.

© Heart & Mind Teaching

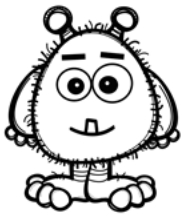
Color your Anger Monster

Not Angry

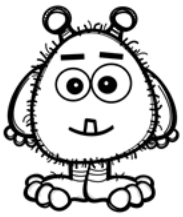
A little Angry

VERY Angry

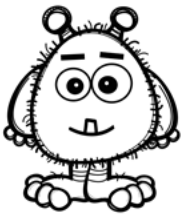
Color the monsters using the color code above, based on how you would feel to each given situation.



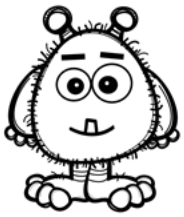
Someone calls me names.



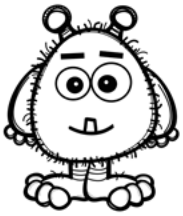
Someone does not share with me.



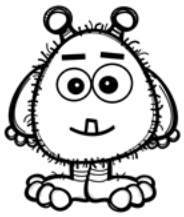
Someone won't let me pick what game we play.



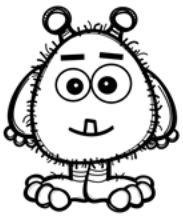
Someone gets in my face.



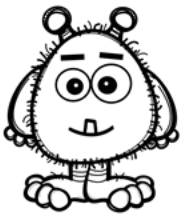
Someone yells at me.



Someone won't give me attention.



Someone lies to me.



Someone gives me a mean look.

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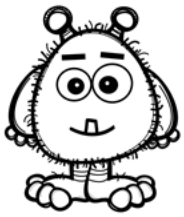
Color your Anger Monster

Not Angry

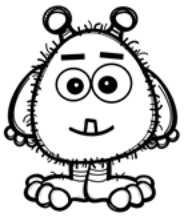
A little Angry

VERY Angry

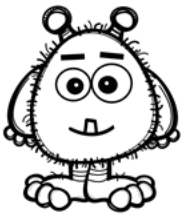
Color the monsters using the color code above, based on how you would feel to each given situation.



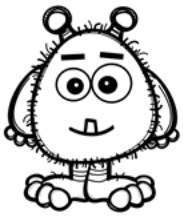
Someone laughs at me.



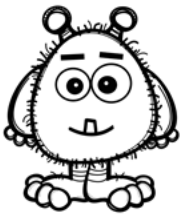
Someone does not include me.



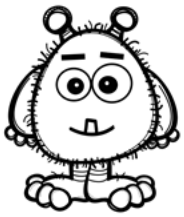
Someone makes me feel stupid.



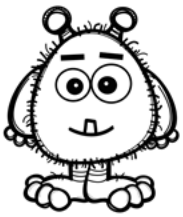
I don't get what I wanted for my birthday.



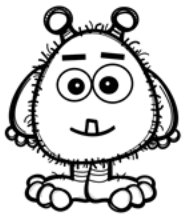
Someone does not listen to me.



I get a bad grade.



Someone asks me to do something I don't want to do.



I get in trouble.

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My Anger Monster

The people in our life sometimes bring out our Anger Monster, list what these people do that make you angry.

I get angry when my:

Mother _____

Father _____

Brother _____

Sister _____

Grandparent _____

Teacher _____

Coach _____

Friend _____

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My Anger Monster

Some places cause our Anger Monster to show itself, describe what happens in these areas in your life.

I get angry when this happens:

In my classroom _____

In the hallway _____

In the cafeteria _____

At Recess _____

On the school bus _____

In my neighborhood _____

On the playground _____

At home _____

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MY ANGER MONSTER

Session Objective:
*Students will identify how their body feels and looks when angry.
*Students will recognize different actions that make them angry.

Materials:
*Pencils
*Crayons
*My Anger Monster handouts

Guiding Questions:
*How do we look when we are angry?
*What are some things that make us feel anger?

ASCA Standards Alignment:
*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M I)
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SEL Competencies:
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*Responsible decision-making: identifying problems

Session Details (about 30 minutes)
*My Anger Monster activity: "Everyone's anger is expressed differently, some people get red in the face, some cry, some scream, some stomp their feet. It's important to identify how our anger looks so we know when we are starting to get angry, and can then do things to calm down before we explode." Pass out the anger monster handout. Show them the example of the one that is completed. "This is your anger monster, describe how you look or act when angry then share with the group. You will notice some of us express our anger in the same way." Pass out the color my monster handouts. "Now that we know how we look when angry, let's find out what makes us angry and what does not, color in the monster based on the color code and then we will discuss who has similar things that make them angry." Once everyone has completed their pages, go through each one and discuss why they put not angry, a little angry, or very angry. Next, give them the last two pages to complete about people and places that make them angry. "It's important to also determine what others do to bring out our anger and locations that cause frustrations to us."

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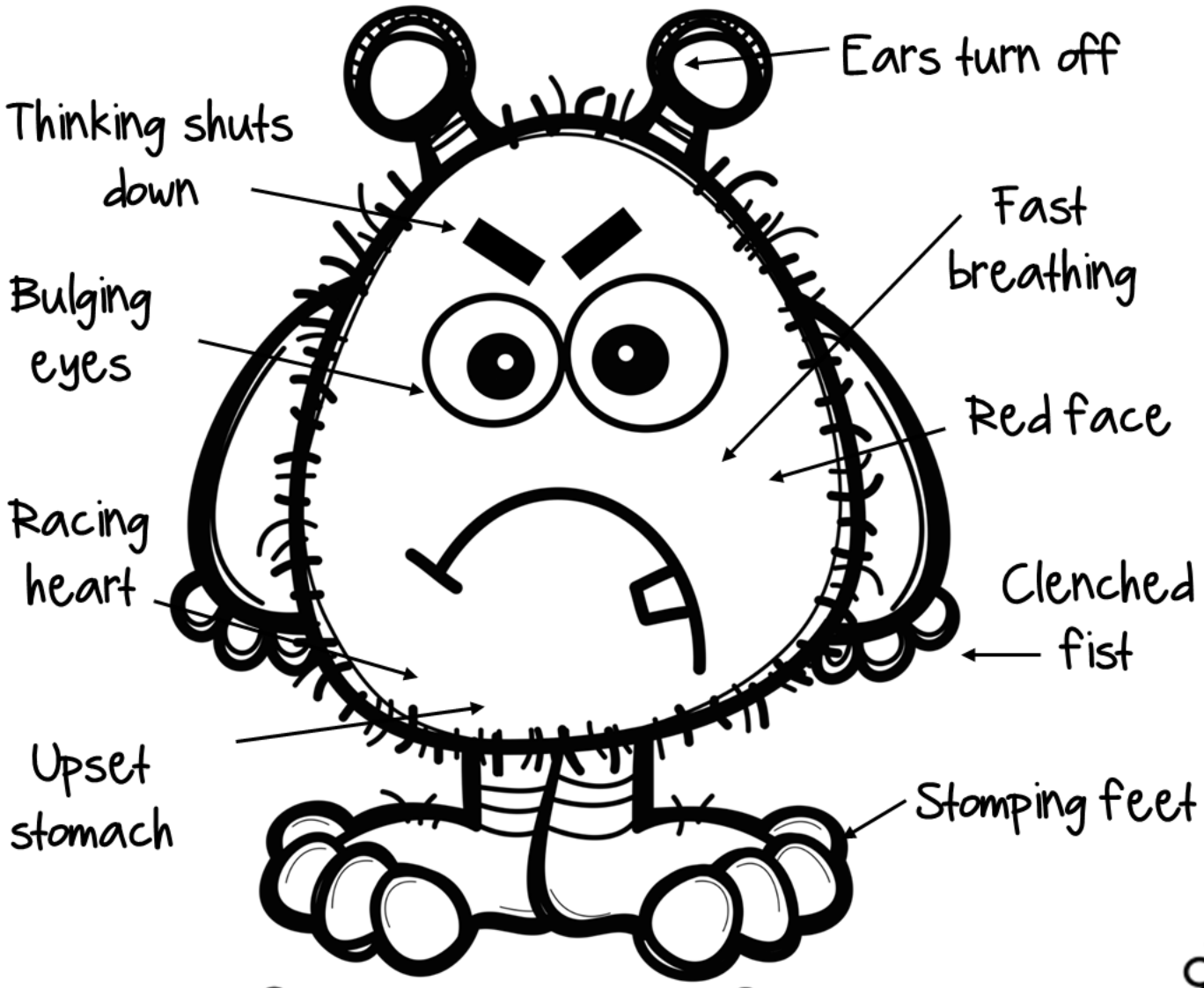
My Anger Monster

What happens to your body when you are angry?



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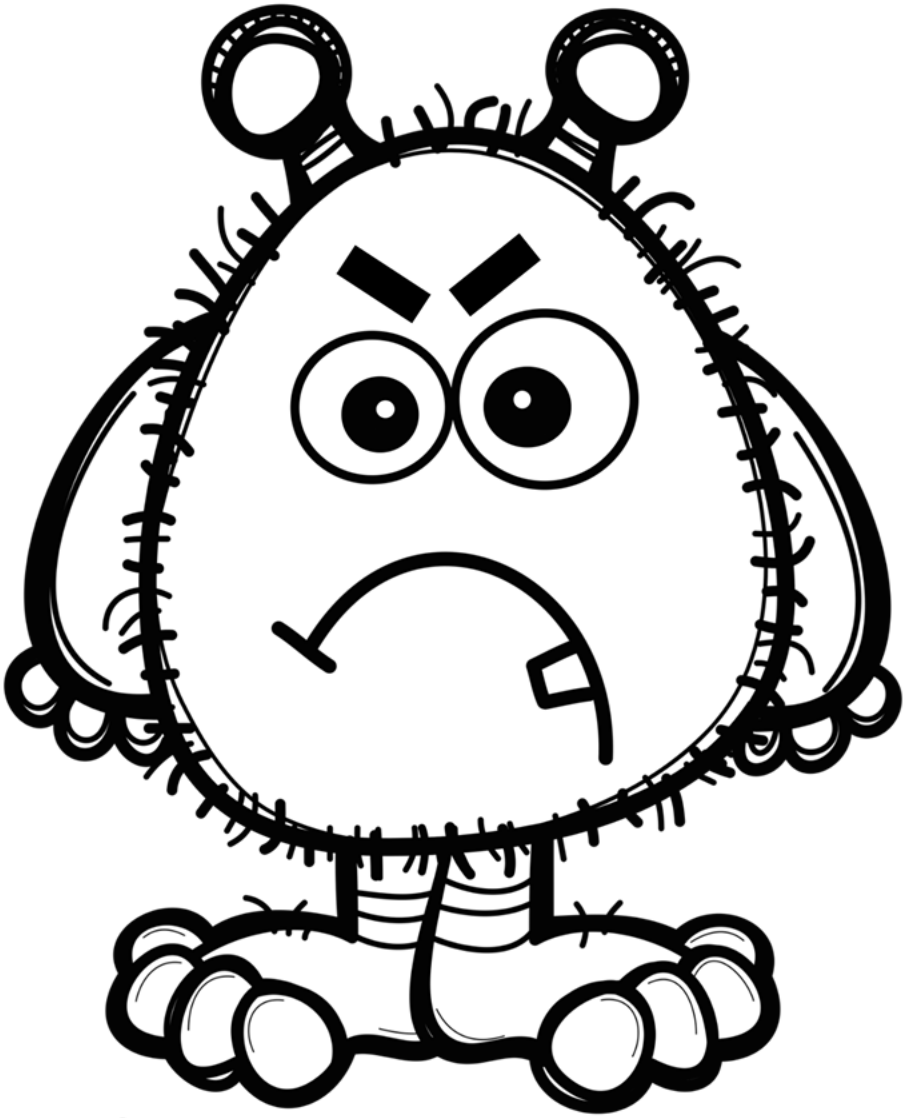

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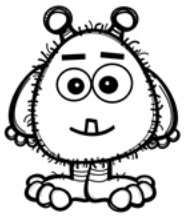
Color your Anger Monster

Not Angry (Green)

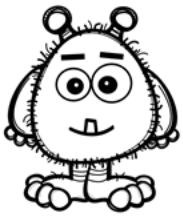
A little Angry (Yellow)

VERY Angry (Red)

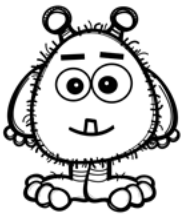
Color the monsters using the color code above, based on how you would feel to each given situation.



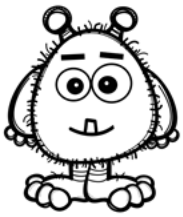
Someone teases me.



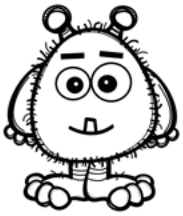
Someone bosses me around.



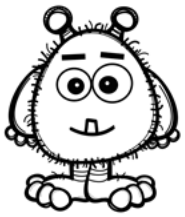
Someone breaks my stuff.



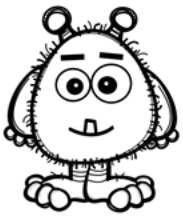
Someone won't let me play.



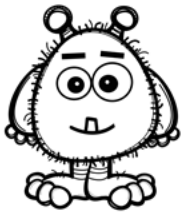
Someone beats me at a game.



Someone bumps into me.



Someone gets in my way.



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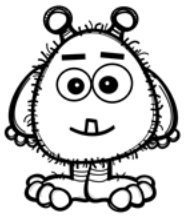
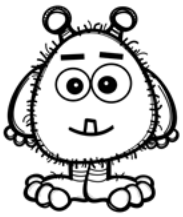
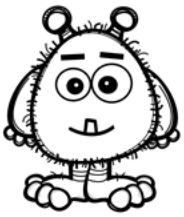


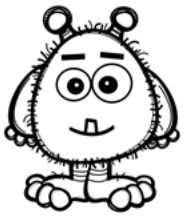
Someone calls me names.



Someone does not share with me.



Someone won't let me pick what game we play.



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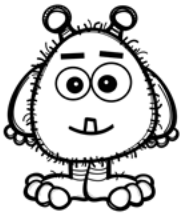
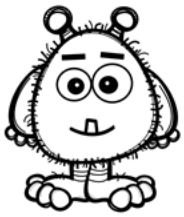
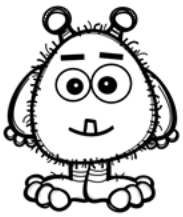


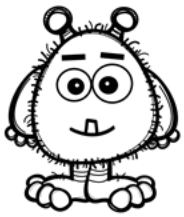
Someone yells at me.



Someone won't give me attention.



Someone lies to me.



Someone gives me a mean look.

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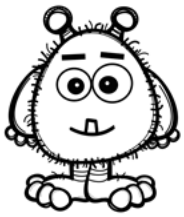
Color your Anger Monster

Not Angry (Green)

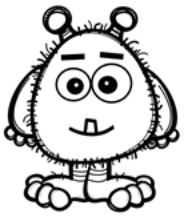
A little Angry (Yellow)

VERY Angry (Red)

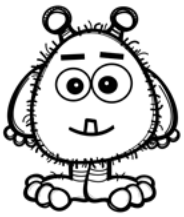
Color the monsters using the color code above, based on how you would feel to each given situation.



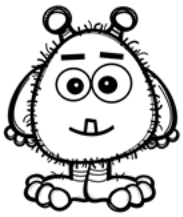
Someone laughs at me.



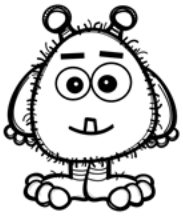
Someone does not include me.



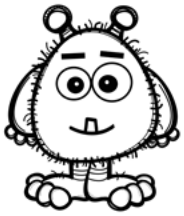
Someone makes me feel stupid.



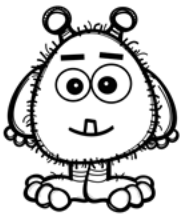
I don't get what I wanted for my birthday.



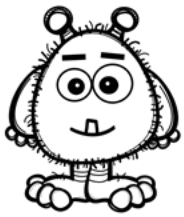
Someone does not listen to me.



I get a bad grade.



Someone asks me to do something I don't want to do.



I get in trouble.

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My Anger Monster

The people in our life sometimes bring out our Anger Monster, list what these people do that make you angry.

I get angry when my:

Mother _____

Father _____

Brother _____

Sister _____

Grandparent _____

Teacher _____

Coach _____

Friend _____

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My Anger Monster

Some places cause our Anger Monster to show itself, describe what happens in these areas in your life.

I get angry when this happens:

In my classroom _____

In the hallway _____

In the cafeteria _____

At Recess _____

On the school bus _____

In my neighborhood _____

On the playground _____

At home _____

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ABOUT THE AUTHOR

I'M ASHLEY

an Elementary School Counselor.

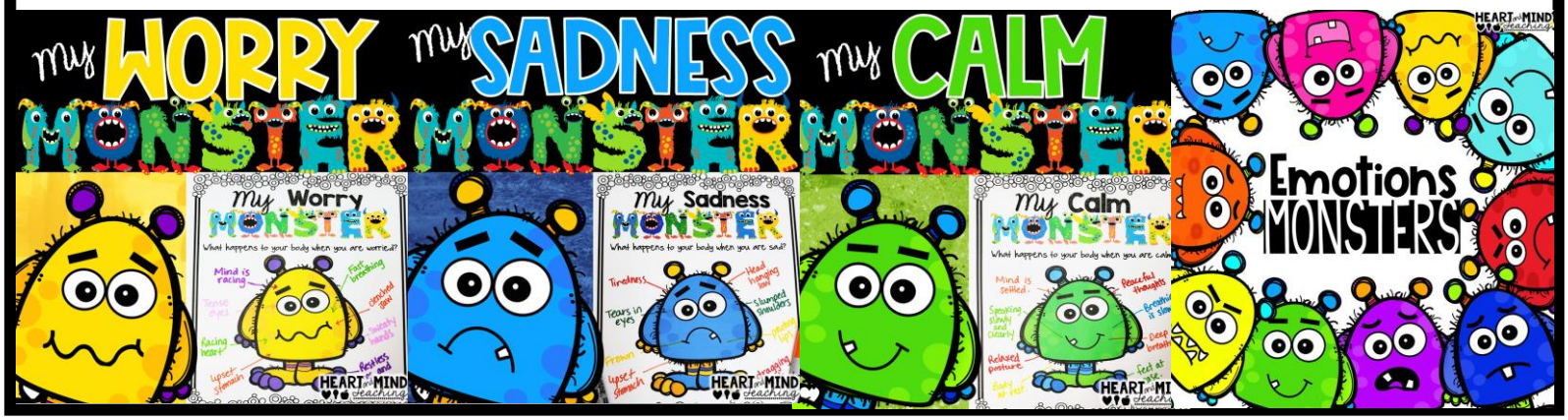
I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

Click the icons to connect with me

All of my Tpt resources are 50% off for the first 24 hrs posted. Make sure to follow me so you do not miss a deal.

RECOMMENDED RESOURCES

Check out the other Emotions Monsters. Click the pictures to get a closer look.



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Ashley

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