

o MUSIC  city COUNSELOR

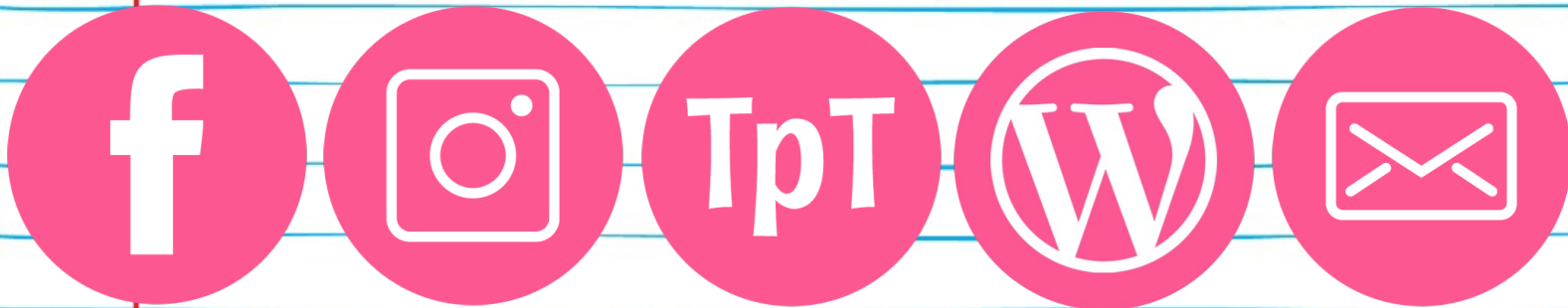
THANK YOU FOR YOUR PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

o ♥ **WEBSITE:** www.musiccitycounselor.com

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ASCA MINDSETS & BEHAVIORS:

Category 1: Mindset Standards

- M1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being

Category 2: Behavior Standards

- B-SMS 1: Responsibility for self and actions
- B-SMS 2: Self-discipline and self-control
- B-SS 9: Social maturity and behaviors appropriate to the situation and environment

DIRECTIONS PAGE 1:

This activity will take approximately 30 minutes to complete. It can be used with large groups, small groups, and individual students.

To set up the activity, please:

1. Print the "Anger looks like" and 3 "Anger feels like" posters.
2. 3 different races/skin colors are provided for the body as well as black/white. Please choose the one that best fits your needs and print it. Then, cut out the body and tape it together on the back.
3. Please print and cut out the 24 red squares. Full color and black/white are included.

To use the activity, please:

- Explain that today we are going to learn what anger looks and feels like in our bodies. Explain that anger looks and feels different for everyone. Even though we all have the same kind of brain and body systems, they react in different ways. Because everyone's brain and body are unique, anger shows up differently for each person. Some people have *loud* anger that is easy to notice. Some people have *quiet* anger that others cannot see. Neither one is better or worse! Just because someone's anger looks different from yours doesn't mean it's easier or harder. Anger is not a weakness! It is part of the human experience.
- Show students the "**Anger looks like**" poster. Go through each physical sign of anger. **Generate a discussion around:**
 - Where in your body do you notice the FIRST signs of anger?
 - Which of these physical signs of anger do you experience MOST?
 - Which of these physical signs of anger do you NOT experience?
 - Do any of these common physical signs of anger surprise you?
- Show students the 3 "**Anger feels like**" posters. They show 24 different common metaphors for what anger feels like in our bodies and brains. Talk through each metaphor. **Generate a discussion around:**
 - Choose one of the metaphors for anger. Explain how and why anger may feel this way.
 - Choose one of the metaphors for anger. Have you ever experienced anger feeling this way? If so, when? Explain.
 - Which one of these metaphors most accurately explains how anger feels to you? Which one of these metaphors least accurately explains how anger feels to you? Explain.
 - Do any of these metaphors surprise you? Which ones, and why?

DIRECTIONS PAGE 2:

- Explain that next we will do an exercise called "Body Mapping." (Please see the sample on the next page). This exercise helps us understand how anger feels and where in our body we feel it. Place the outline of the body on the table. Place the little red cards around the body. Ask students to take turns choosing a red card, showing/explaining it to the group, and placing it on the body outline where they have experienced anger feeling that way. For example, they may place the rock on the chest or the alarm sounding on the brain or the clenched fist on the hands. There are no right or wrong answers! Talk through and process each card as you play.
Generate a discussion around:
 - Why did you choose this card? Why did you place it there on the body?
 - Do you ever feel several of these feelings at the same time? Explain.
 - Which metaphor (like the bear, volcano, popcorn, etc.) feels the most like your anger? Explain.
 - Does anger always feel the same to you, with the same signs in the same body parts? Or does it change/vary? Explain.
 - Do different feelings of anger show up in different parts of your body? Explain.
 - What do you notice in your body when your anger starts getting stronger? Are there warning signs your body gives you?
 - What helps your body calm down when anger shows up in those places?
 - What strategies might help those body parts relax?

Questions, comments, or suggestions? Please contact me any time at laura@musiccitycounselor.com. I'm here to help! 😊

PS I SO appreciate when you please take a moment to leave a review on my resources in my TpT store. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow!

ANGER looks like

Furrowed eyebrows

Red cheeks

Clenched teeth

Quick, short breaths

Racing heart

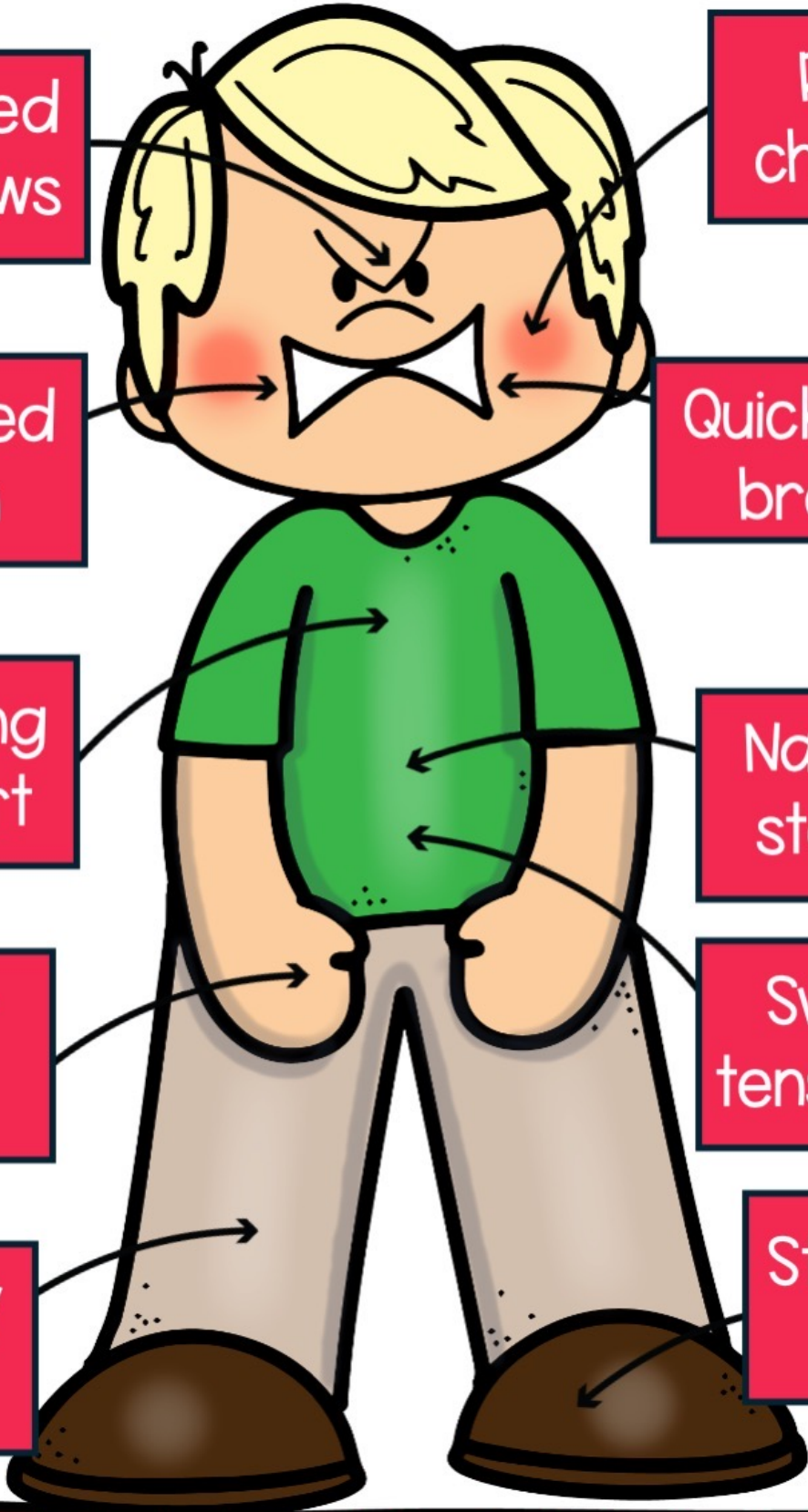
Nauseous stomach

Tight fists

Sweaty, tense body

Shaky legs

Stomping feet



ANGER feels like



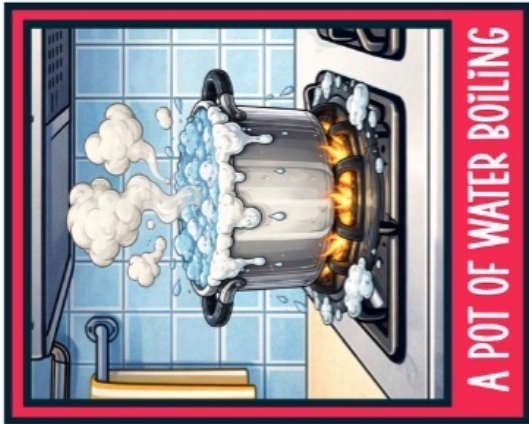
A VOLCANO ERUPTING



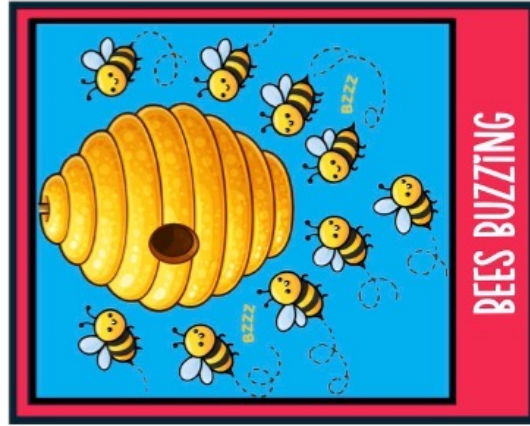
A BOLT OF LIGHTNING



A RUSH OF HEAT



A POT OF WATER BOILING



BEEES BUZZING



A SODA CAN ABOUT TO POP



A TIGER LOCKED IN A CAGE



A FIRE SPREADING

ANGER feels like



POPCORN POPPING



A ROCKET BLASTING OFF



A HEAVY ROCK ON YOU



SPARKS ZAPPING



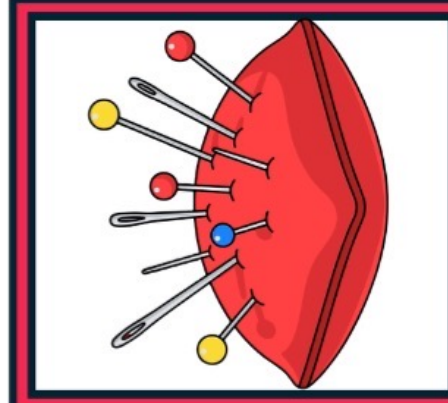
FIREWORKS BURSTING



A BIG GROWLING BEAR



SPEEDOMETER READING 100

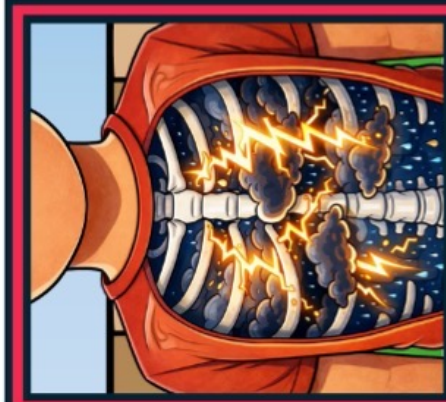


ON PINS AND NEEDLES

ANGER feels like



A DRUM BEATING FAST



A CLAP OF THUNDER



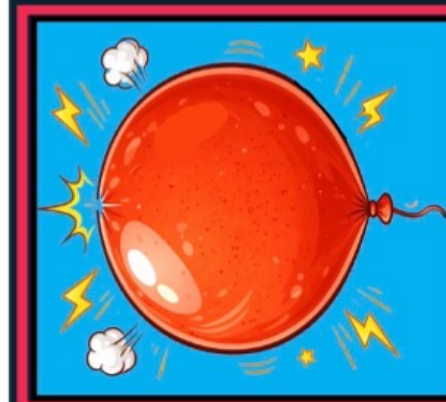
A TIGHT, CLENCHED FIST



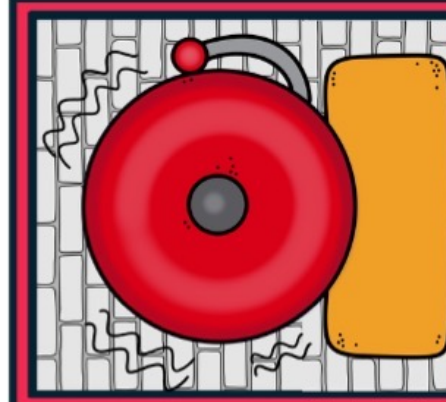
A LIGHT FLASHING, DANGER!



TIGHT KNOT IN YOUR BELLY



A BALLOON ABOUT TO POP

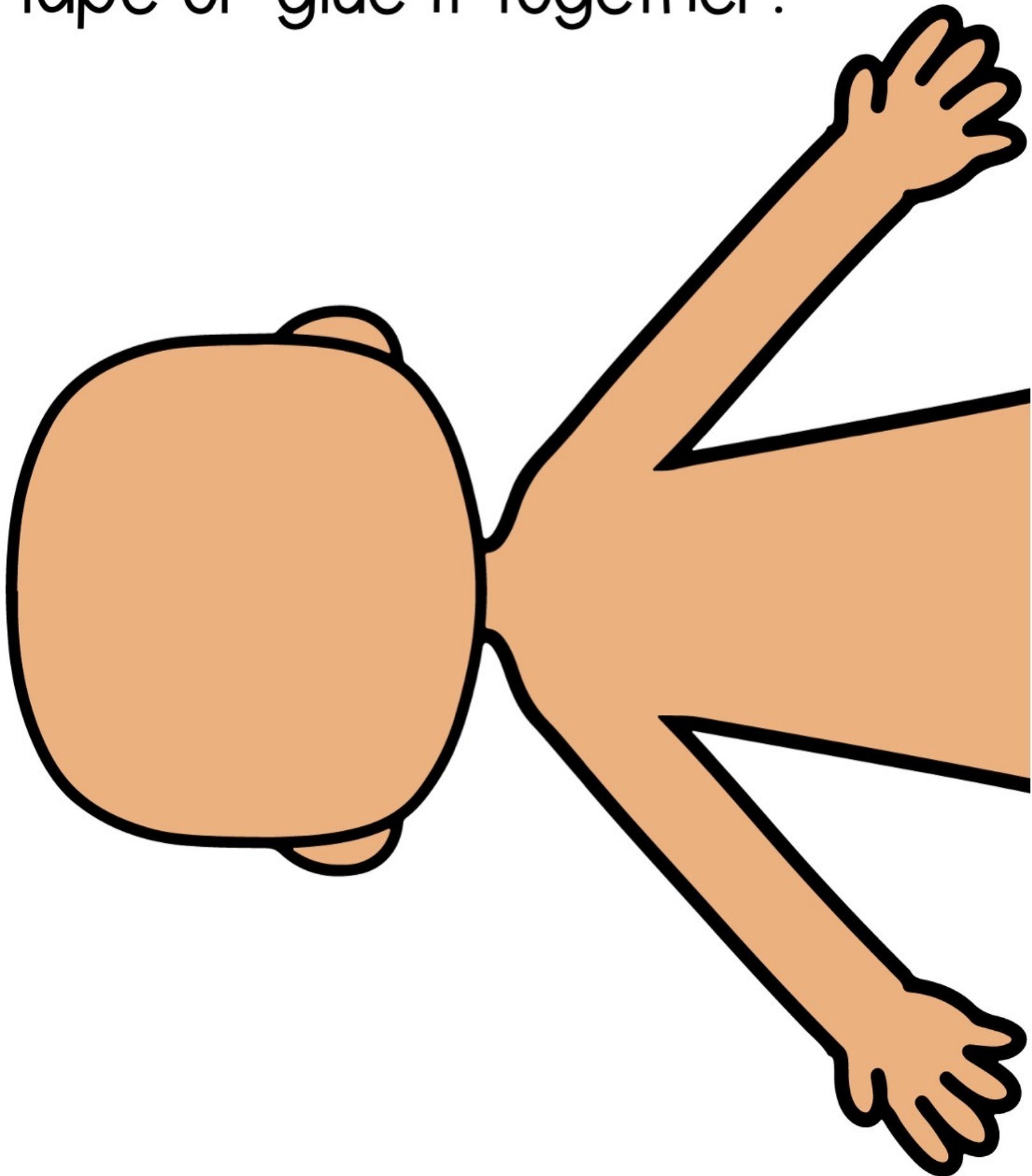


AN ALARM SOUNDING

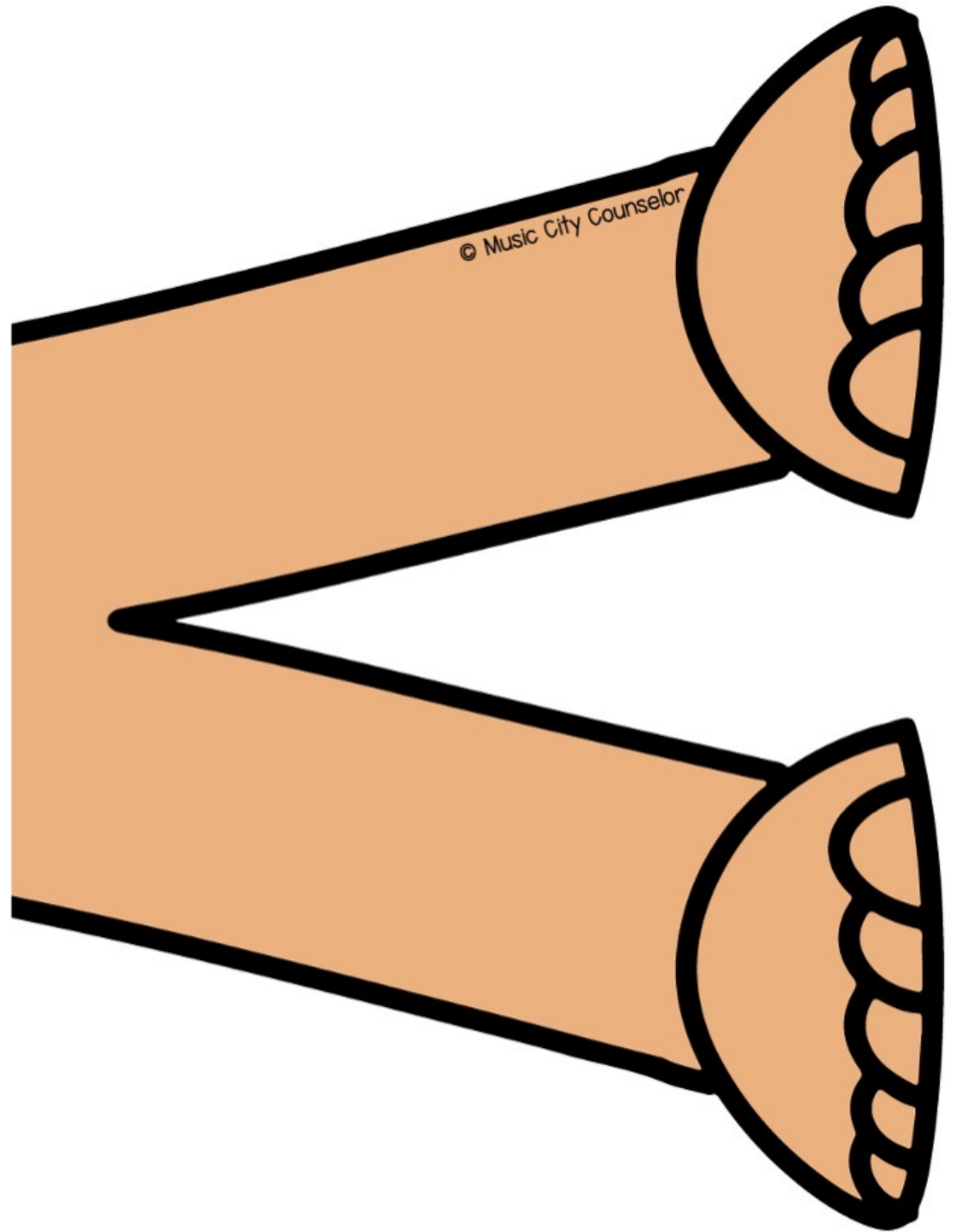


DYNAMITE WITH A SHORT FUSE

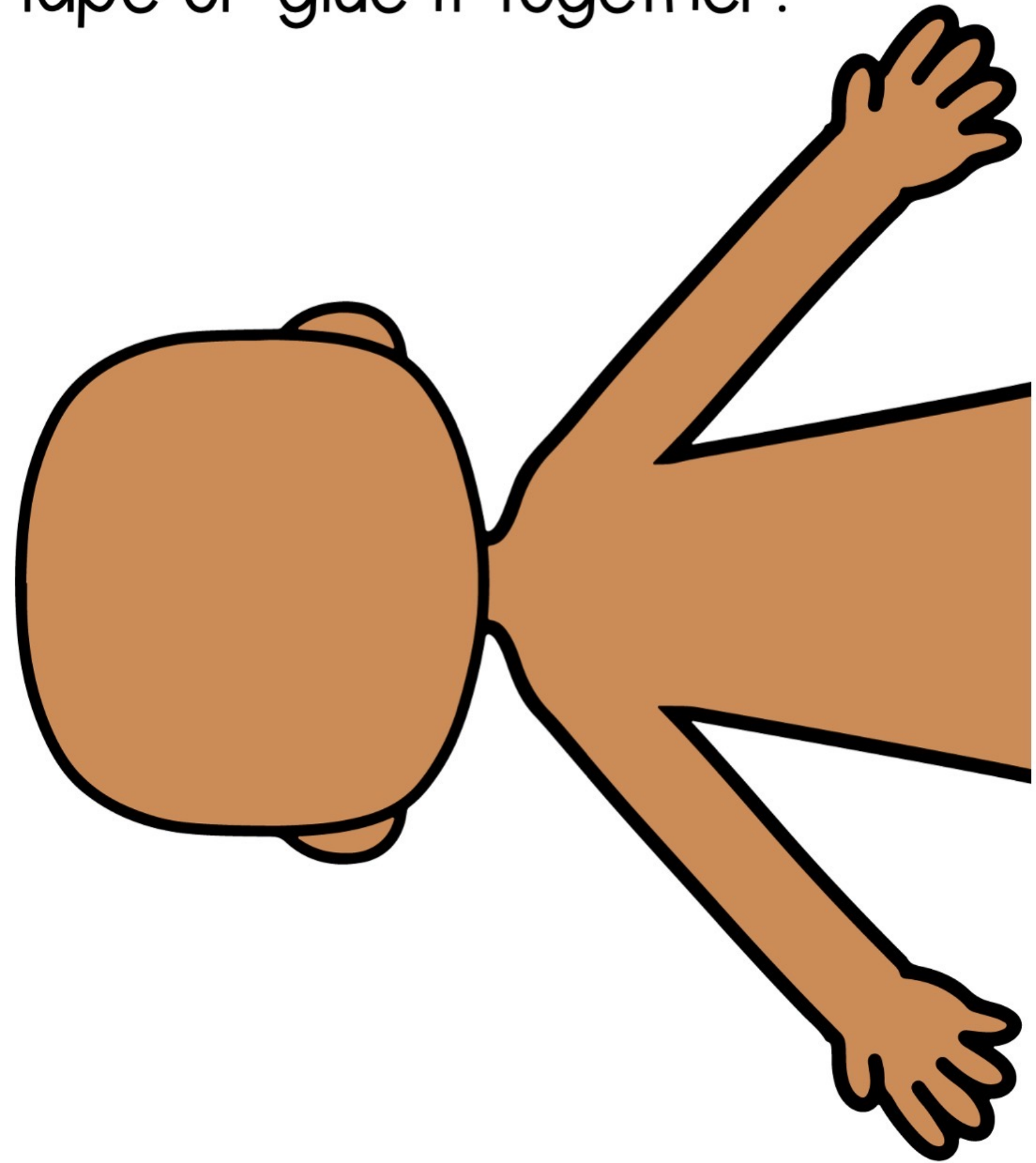
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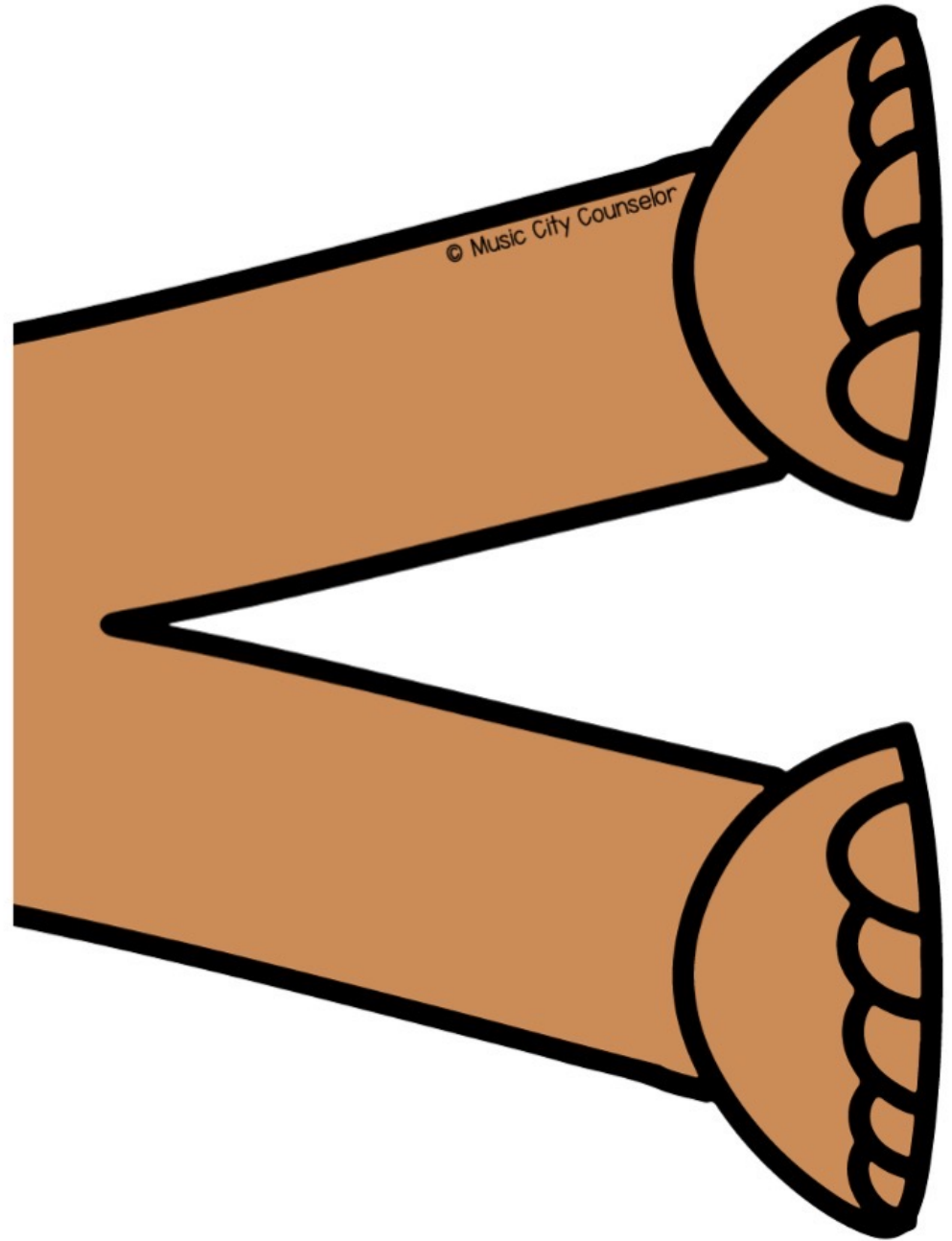
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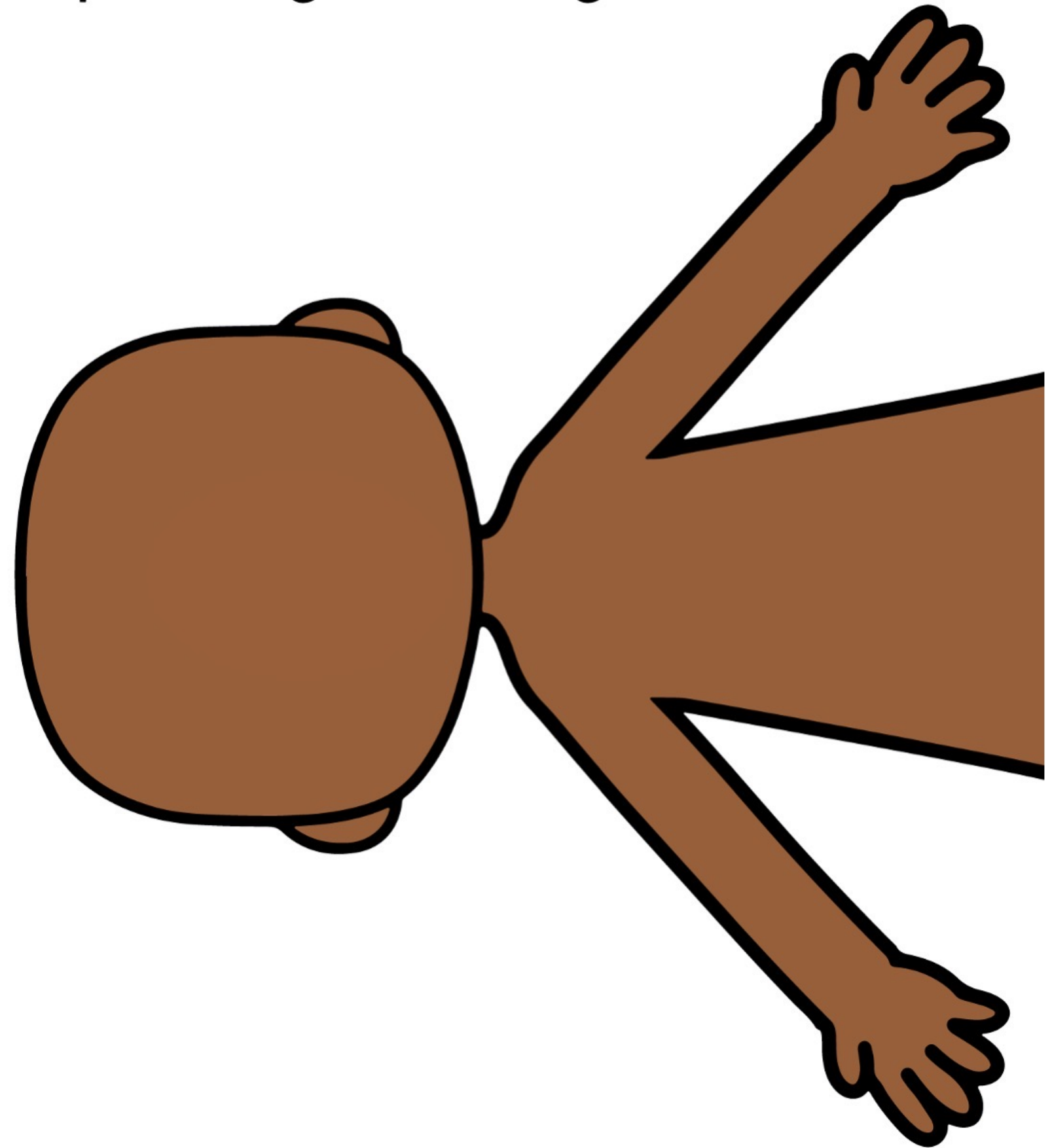
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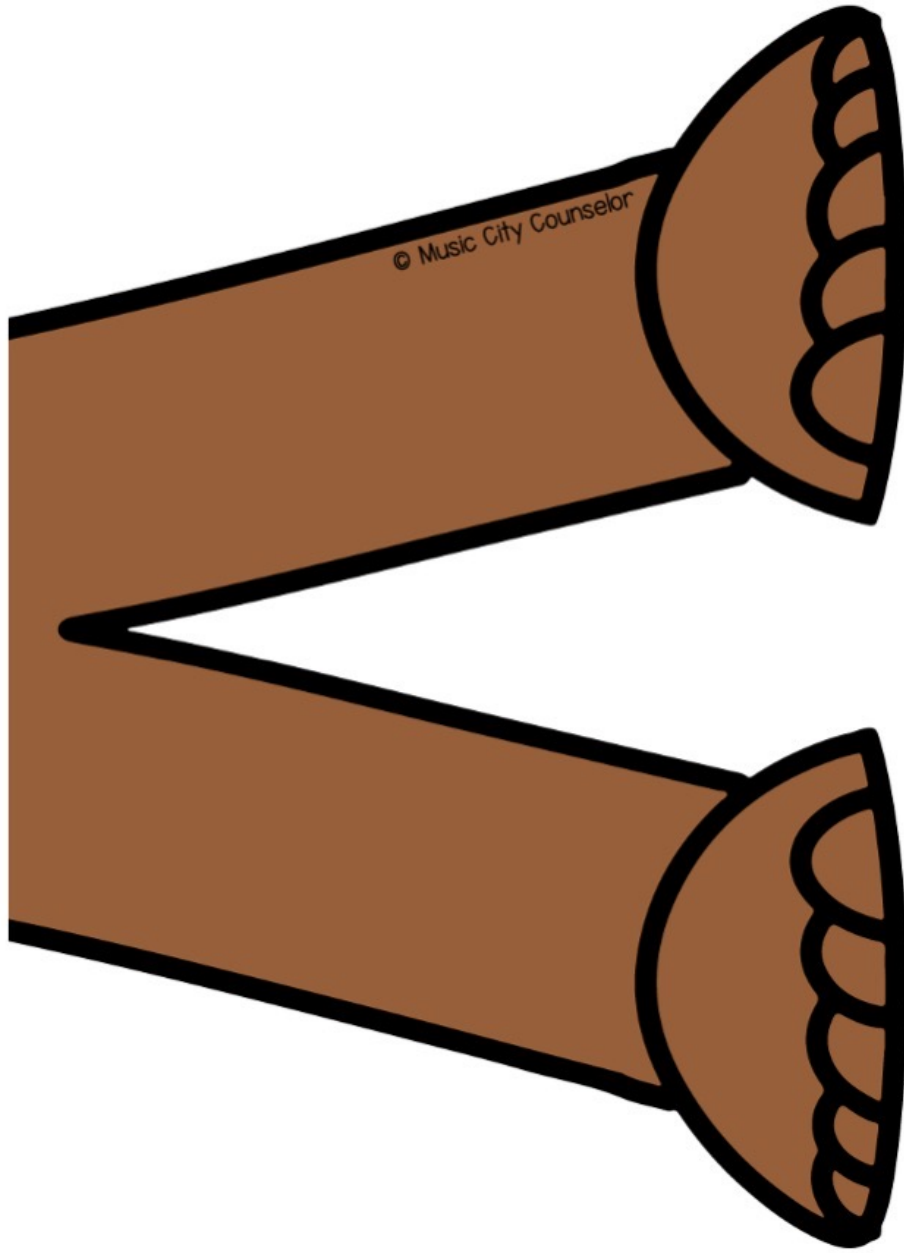
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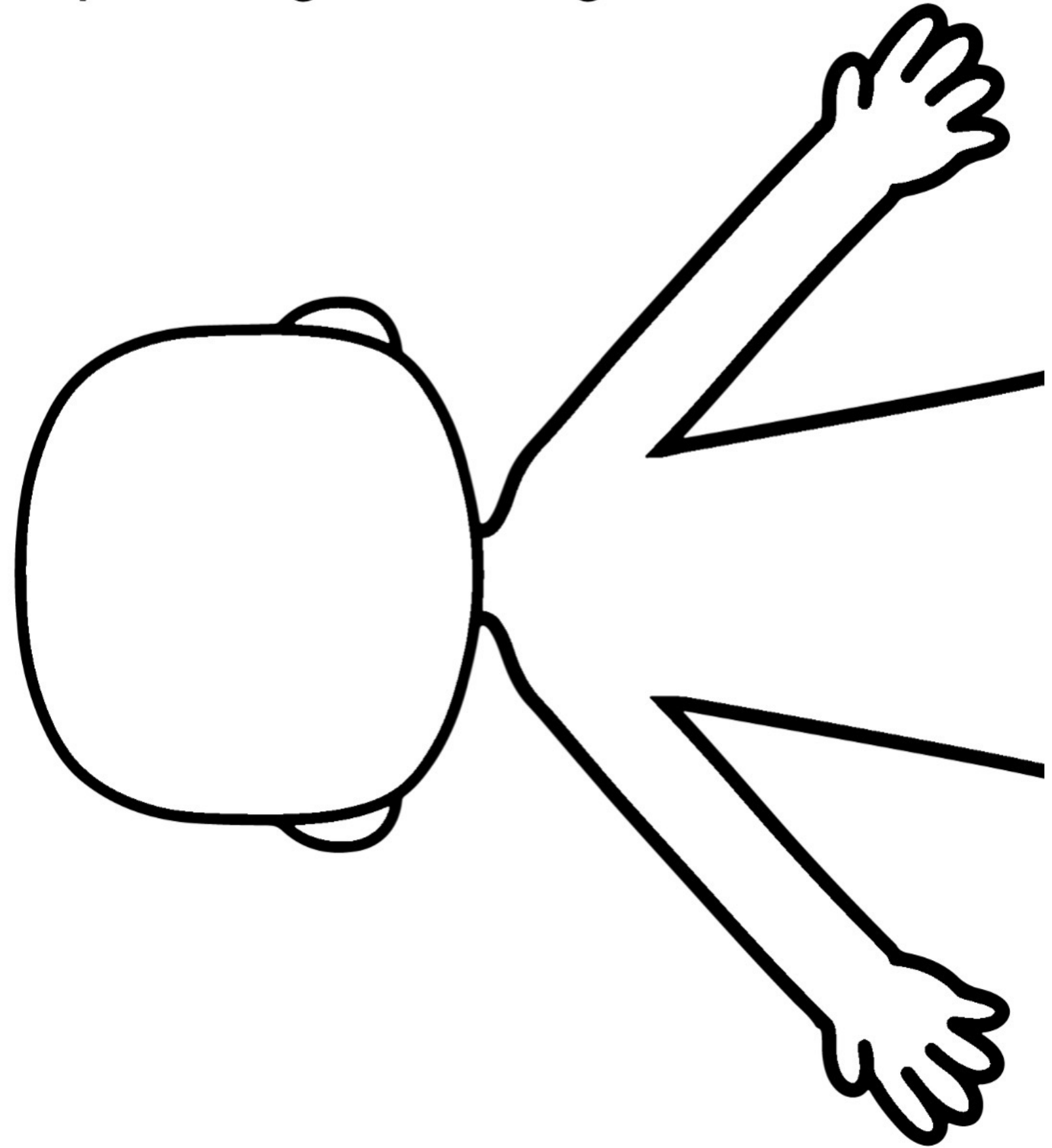
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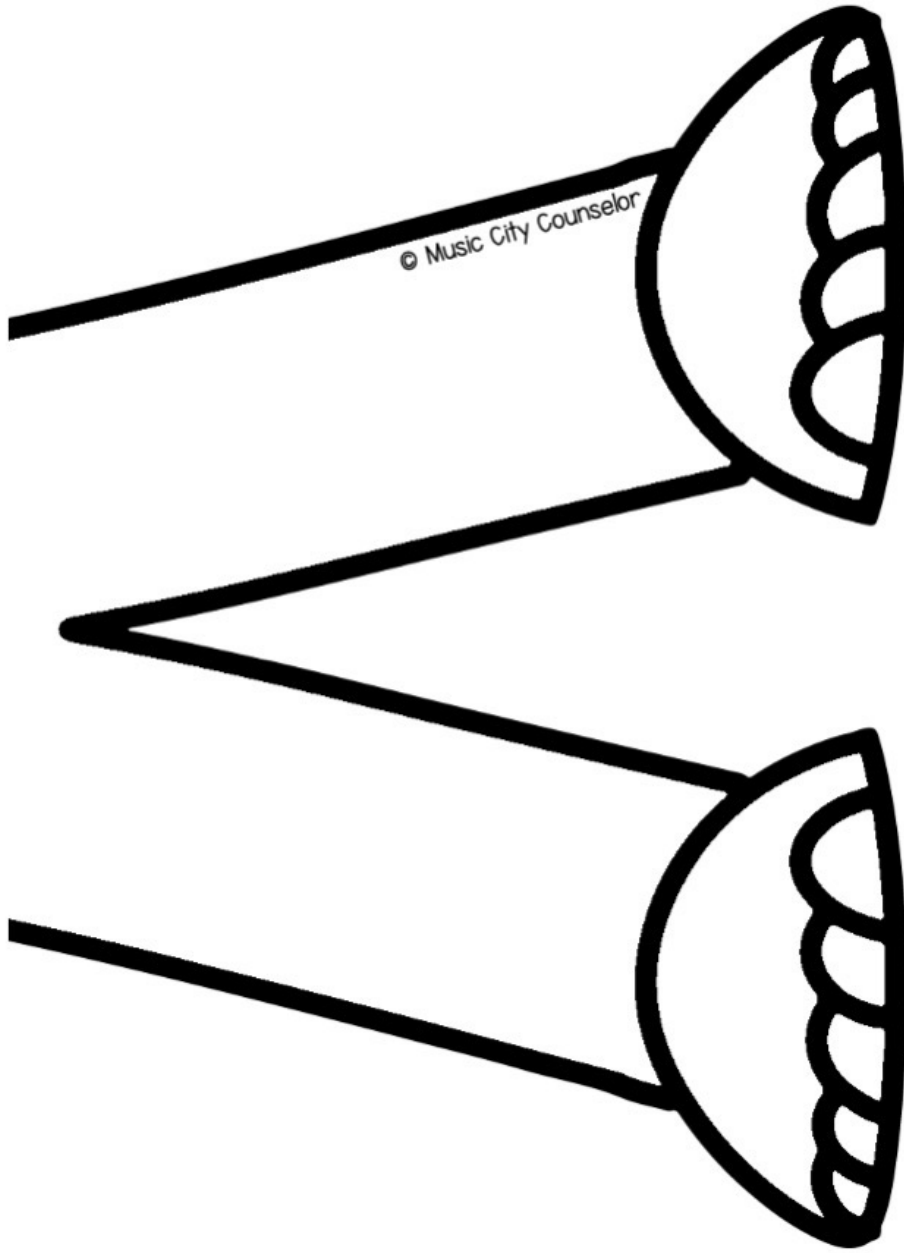
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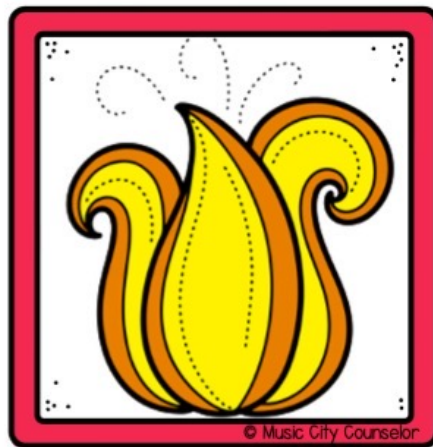
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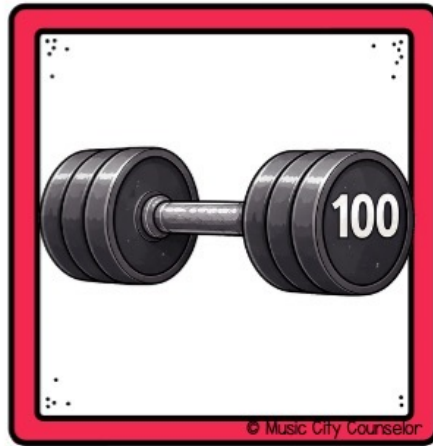
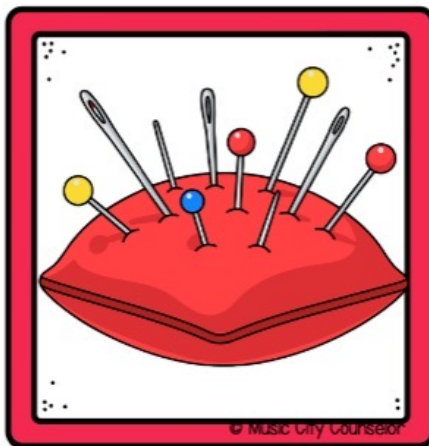
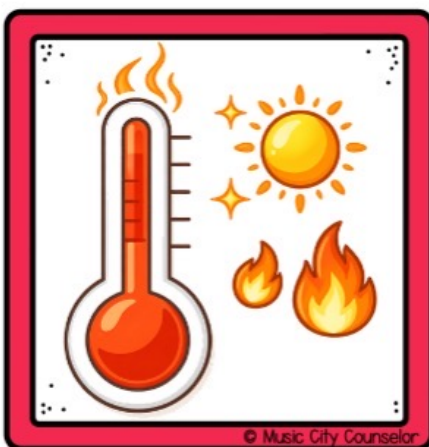
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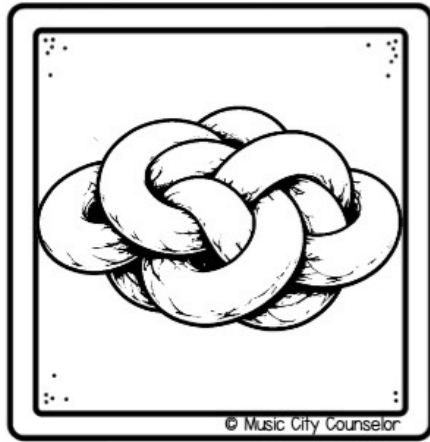
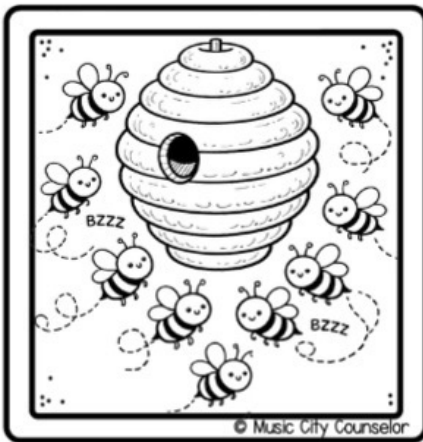
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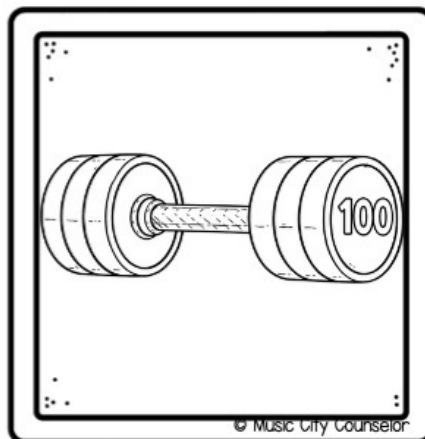
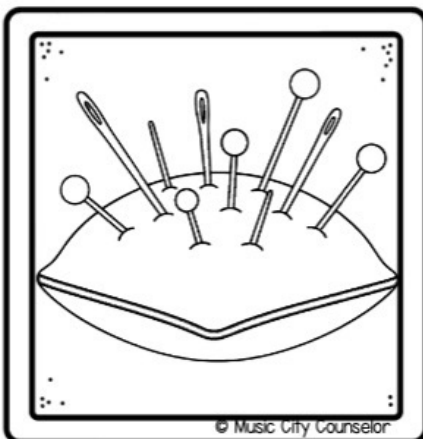
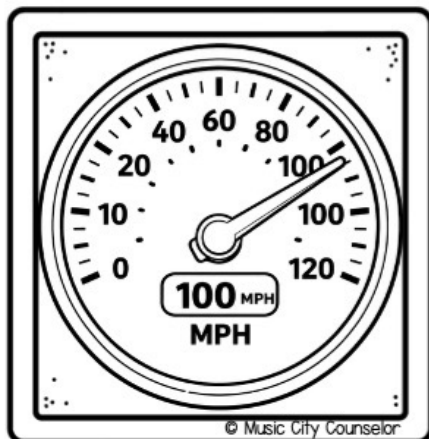
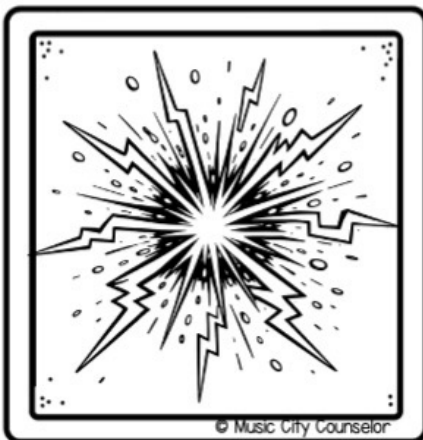
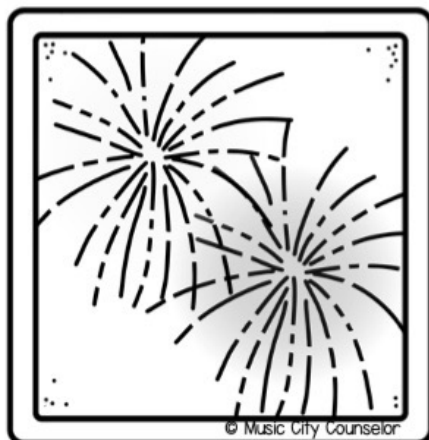
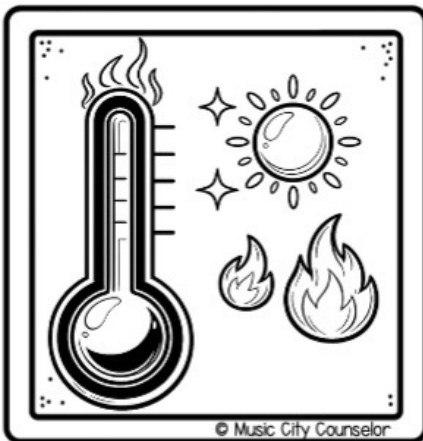
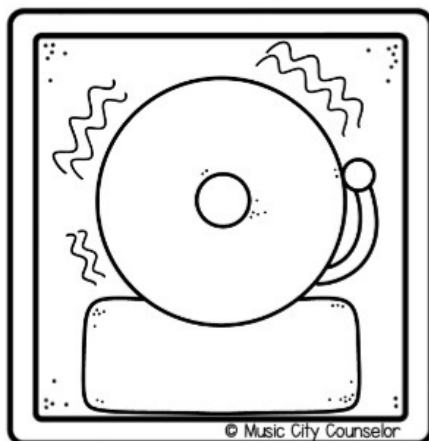
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♥ *laura outhout*

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