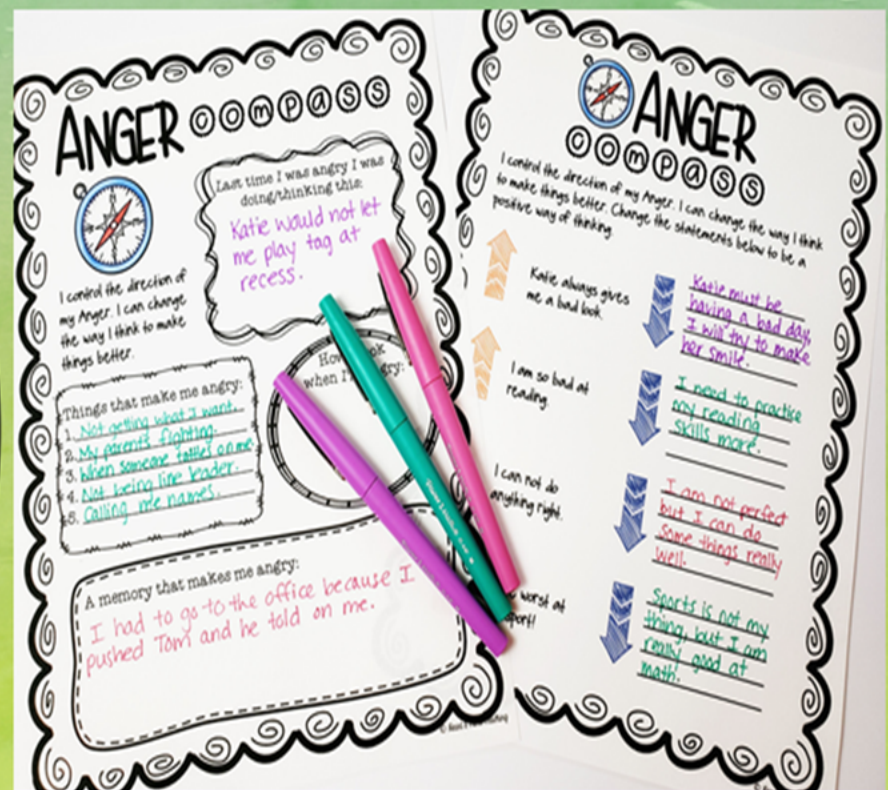


ANGER COMPASSES



Learning to control the direction of our anger by changing the way we think.

HEART and MIND Teaching



ANGER Compass

Session Objective:

- *Students will demonstrate changing the way they think about given situations.
- *Students will identify things and memories that make them angry.

Materials:

- *Pencils
- *Anger Compass handouts (one of each for every student)

Guiding Questions:

- *Why is it important to be able to control or change our thoughts?
- *How is it helpful to look at something from another person's perspective?
- *Why is it important to be able to control our anger?

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Self-Management: Demonstrate effective coping skills when faced with a problem. (B-SMS 7)
- *Behavior: Social Skills: Demonstrate social maturity and behaviors appropriate to the situation and environment (B-SS 9)

SEL Competencies:

- *Self-awareness: identifying emotions, accurate self-perception.
- *Self-management: self-discipline, impulse control.
- *Social-awareness: perspective-taking.
- *Responsible decision-making: analyzing situations, evaluating.

Session Details (about 30 minutes)

*Anger compass activity: Pass out the Anger compass handout. "Each of us control's our own anger, someone might make us mad but we have the ability to choose how we react. In order to do this, we have to control the direction of our thoughts. We want our anger compasses to direct our anger south and decrease the likelihood of us getting into trouble because of our anger. Look at the first page, let's start by first listing things that make us angry and thinking about memories that make us angry." Once everyone completes the first page, have them share theirs with the group. "Now let's go through different negative or anger fueling thoughts and try to control them and turn them to be positive." Complete the rest of the pages together, working through each statement one by one. Ask engaging questions:

Why is this a negative or anger filled statement?

What do you think a person would think if this was said?

What would you think if a person said this to you?

Would you want to be friends with someone that spoke like that?

*Thank everyone and tell them the next session we will be working on their anger shield.

ANGER COMPASS



I control the direction of my Anger. I can change the way I think to make things better.

Last time I was angry I was doing/thinking this:

Things that make me angry:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look when I'm angry:

A memory that makes me angry:



ANGER Compass

I control the direction of my Anger. I can change the way I think to make things better. Change the statements below to be a positive way of thinking.



I will never be able to pass.



I will study harder next time.



My teacher blames me for everything.



The whole world is against me.



No one wants to be my friend.





ANGER Compass

I control the direction of my Anger. I can change the way I think to make things better. Change the statements below to be a positive way of thinking.



Katie always gives me a bad look.





I am so bad at reading.





I can not do anything right.





I am the worst at every sport!





ANGER Compass

I control the direction of my Anger. I can change the way I think to make things better. Change the statements below to be a positive way of thinking.



No one cares about me.





I can paint that better than you can.





I want that, give it to me!





Leave me alone!





ANGER Compass

I control the direction of my Anger. I can change the way I think to make things better. Change the statements below to be a positive way of thinking.



He did that on purpose.





She gets me so angry.





Shut up!





I will never be able to fix it.





ANGER Compass

I control the direction of my Anger. I can change the way I think to make things better. Change the statements below to be a positive way of thinking.



Get out of here!





Give it back to me!





He thinks he is better than me.





I am never going to get picked for the team.



GOOGLE CLASSROOM

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource into your Google Drive.

1 Click here  [Anger Compass](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

ABOUT THE AUTHOR



I'M ASHLEY

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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

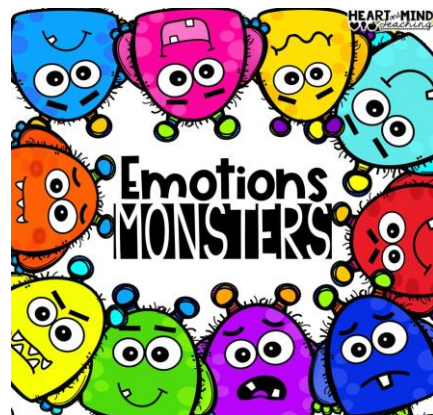


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RECOMMENDED RESOURCES



This product and 8 others are included in this curriculum



Click the pictures to get a closer look.

TERMS OF USE

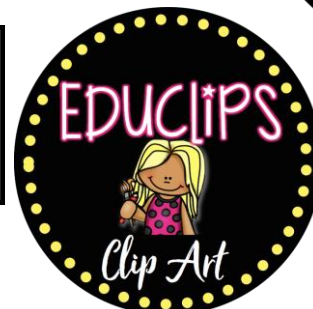
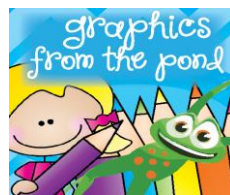
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