

# Anger

SHTIELD



**Build your  
shield to  
combat your  
Anger.**



A Lesson on using calming strategies.

HEART <sup>and</sup> MIND  
Teaching



# Anger Shield



## Session Objective:

\*Students will identify calming strategies that they will utilize for anger management.

## Materials:

- \*Calming Strategies handouts
- \*Example of Armor Shield
- \*Blank Armor Shield and cut out calming strategies (enough for each group member)
- \*Glue or Tape
- \*Scissors

## Guiding Questions:

- \*Why is it important to use calming strategies when we are upset?
- \*How do we look to others when we utilize calming strategies?

## Session Details (about 30 minutes)

\*Anger Shield activity: Show students the Calming Strategies handout. "There are many strategies that you can use to stay calm when you feel yourself getting angry, let's go over them" Go through each calming strategy. Pass out the blank anger shield and the calming strategy pieces. Show students an example of the completed Anger Shield. "A shield is something that protects us from things, we are going to make our anger shield to protect us from getting angry, each shield will be unique because we are only going to put the calming strategies on our anger shield that we would really use in our life." Students will cut out the calming strategy pieces (or you can have it cut out in advance) and glue or tape them to their shield. They should only put the strategies they would actually use. Have students present their shield when they are done.

## 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 self-discipline and self-control.
- \*Behavior: Self-Management: Demonstrate effective coping skills when faced with a problem. (B-SMS 7)

## SEL Competencies:

- \*Self-awareness: identifying emotions, accurate self-perception.
- \*Self-management: self-discipline, impulse control, stress management.

# CALMING Strategies



Count to 10

Count to 10 slowly (works well with slow/deep breathing). Allows you time to react appropriately.



Listen to music

Listening to calm music can distract you from the problem and help you relax.



Slow Deep Breathing

Force your body to calm down by controlling your breathing. Breathe in through your nose and out through your mouth.



Think happy thoughts

Imagine a peaceful place, think about something that makes you calm or happy.



Exercise

Get your anger out in a healthy way by exercising.



Talk it out

Talk to a trusted adult or friend, saying it out loud can feel like a relief.

# CALMING

## Strategies



### Drink Water

Take a break by drinking water, it will cool your body down and give you time to think.



### Go for a walk

Walk away from the problem until you are ready to deal with it calmly.



### Relax in cool down area

Have a safe place to go when you need to relax. Tell yourself to calm down.



### Squeeze stress ball

Use a stress ball, stuffed animal, or pillow to release some tension by squeezing the item.



### Read a book

Distract yourself by reading a story.

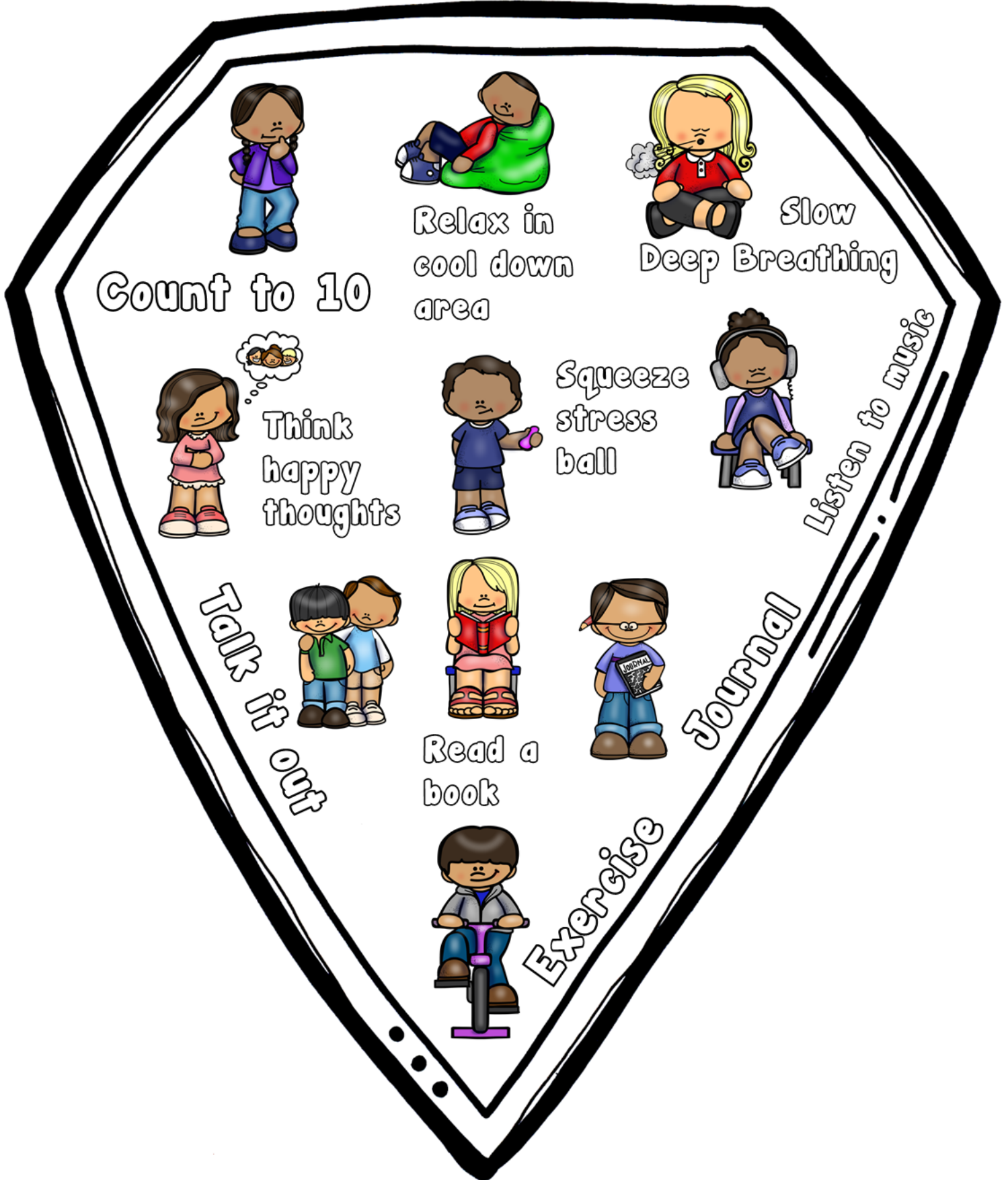


### Write/Draw in Journal

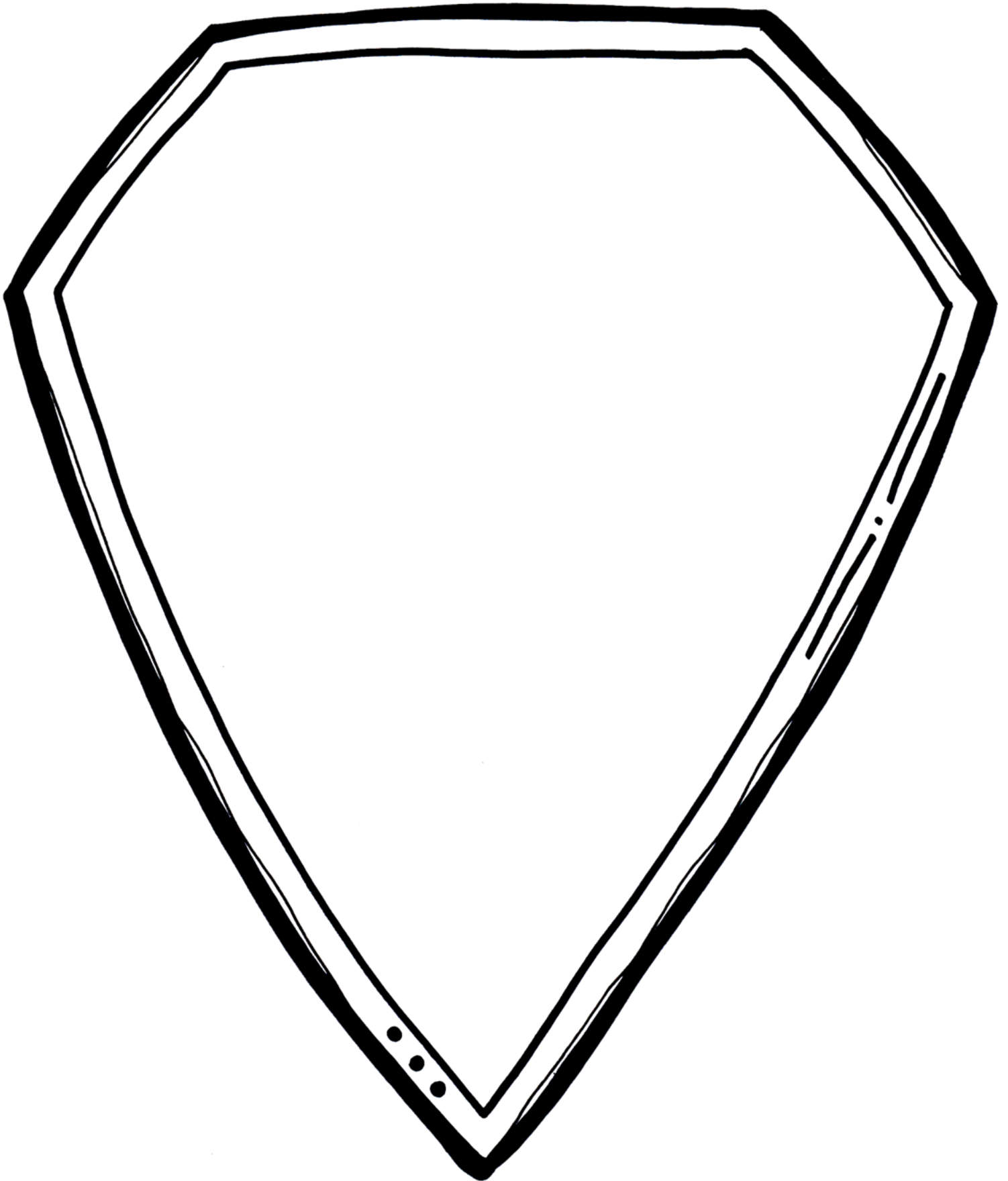
Write or draw what you are feeling, it helps to get it out.



# Anger Shield



# My Anger Shield





Count to 10



Slow  
Deep Breathing



Think happy thoughts



Listen to music



Talk it out



Exercise



Drink Water



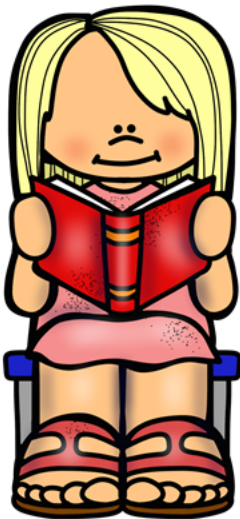
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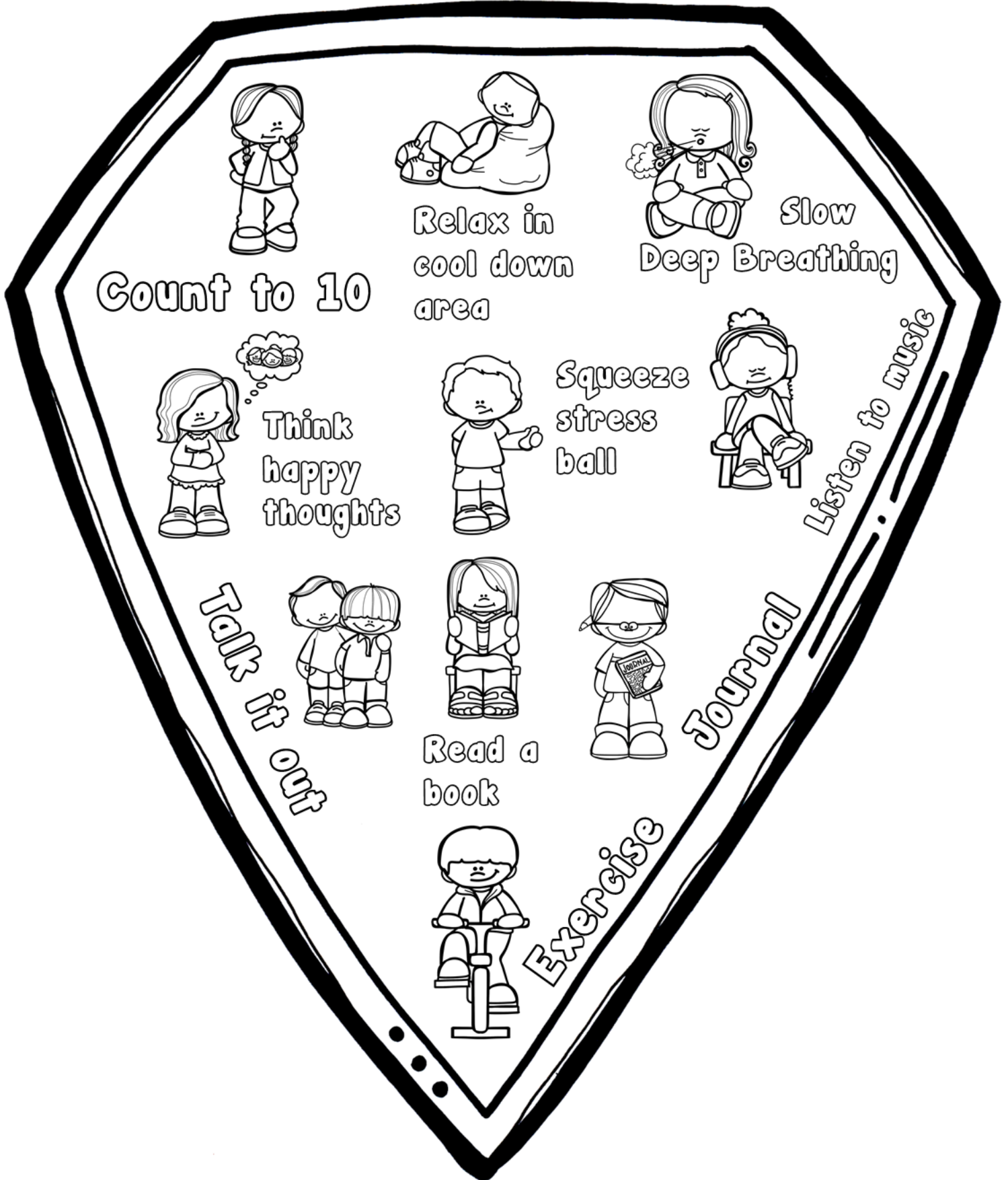


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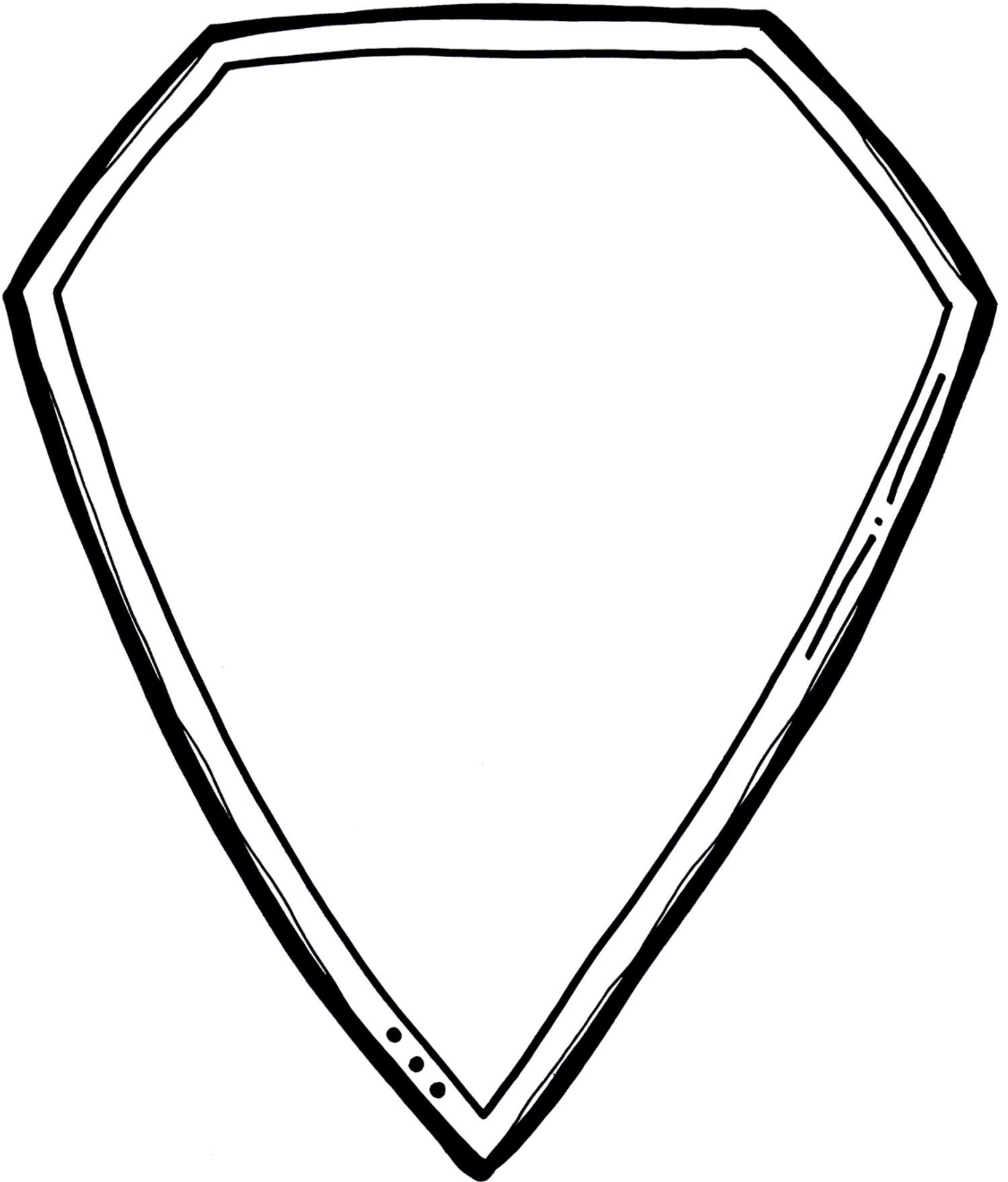
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# Anger ShIELD



# My Anger Shield





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Slow  
Deep Breathing



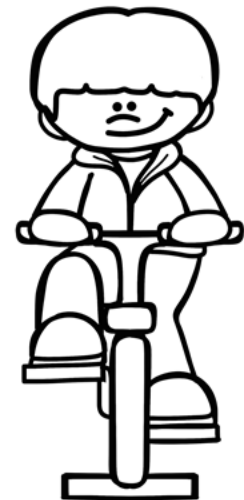
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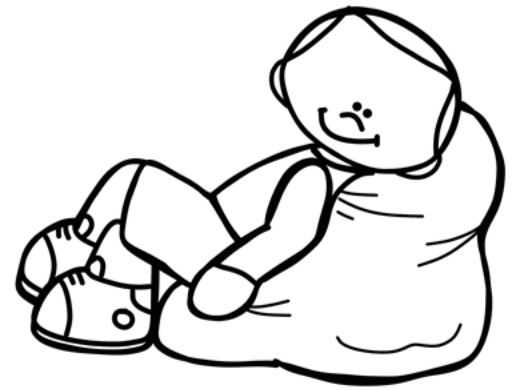
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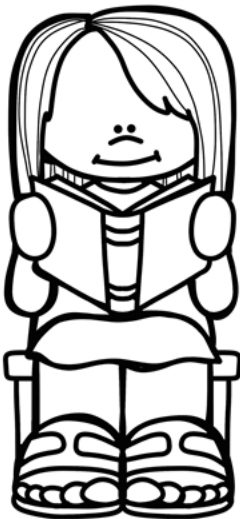
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# GOOGLE CLASSROOM

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 Shield](#)

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

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

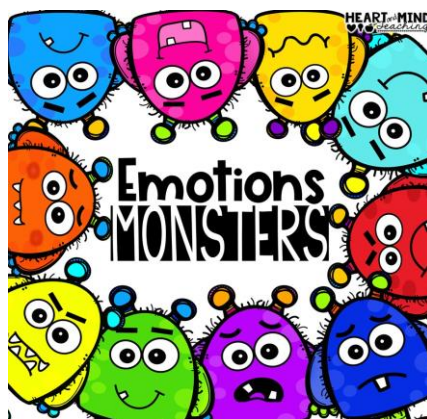


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# RECOMMENDED RESOURCES



This product and 8 others are included in this curriculum



Click the pictures to get a closer look.

# TERMS OF USE

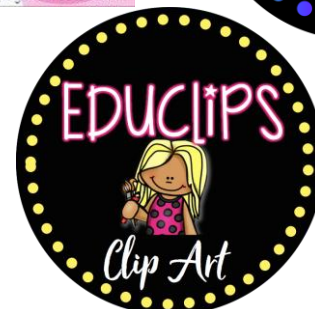
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