

# MY ANGER FIRE



**Put out that ANGER Fire**  
Ways of thinking that will decrease anger.

Name calling	Revenge
Use Kind Words	Forgive and let it go.
Blaming	Look tough
Be accountable for your actions.	Don't try to look a certain way to others, just be yourself.
I am better than you	Everyone's against me
We are both equal and important.	Think about what you are doing and how it looks to others.
Only one point of view	Making a big deal
Be open to the perspectives of others	Take a deep breath and look at the situation for what it really is.



Heart & Mind  
TEACHING

Google  
Slides

# MY ANGER Fire

## Session Objective:

- \*Students will identify thinking that increases their anger.
- \*Students will work collaboratively to sort examples of each of the 8 Anger Fuels.

## Materials:

- \*Fuels my Anger handout
- \*Cut out Fire/Fuels
- \*Cut out examples

## Guiding Questions:

- \*Why is it important to know ways of thinking that make us angry?
- \*How can some of these ways of thinking be problematic?

## 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: Social Skills: Use effective collaboration and cooperation skills. (B-SS 6)
- \*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
- \*Relationship skills: communication, teamwork.
- \*Social-awareness: perspective-taking.
- \*Responsible decision-making: analyzing situations, evaluating.

## Session Details (about 30 minutes)

- \*Say "Today we are going to learn about ways of thinking that cause our anger to increase." Show the group the fuels my anger fire handout. "If you have ever been camping and started a fire, you know that if you add certain things to the fire it will keep the fire going or fuel the fire. Just like a real fire, certain ways of thinking fuel our anger fire." Go over each of the 8 Fuels that increase anger. Place each of the 8 fires on the table (that list each fuel) with enough space to put the examples underneath them. "I will read out an example and I want us to work as a group to sort them under which fuel, they belong to. This will help us identify some of the thinking we do in our own lives that lead us to being angrier" Read out loud each example and work as a group to sort the examples placing each one under one of the fuels that it coincides with. Ask engaging questions:  
Can anyone relate to this way of thinking? Do you have an example?  
Does this way of thinking sound like a person you would want to be friends with?  
If you said that to someone what do you think they would think/feel/do?  
If someone said that to you, what would you think/feel/do?

# Thinking that fuels My **ANGER** Fire



# Put out that **ANGER** Fire



Name calling



Use Kind Words.



Revenge



Forgive and let it go.



Blaming



Be accountable for your actions.



Look tough



Don't try to look a certain way to others, just be yourself.



I am better than you



We are both equal and important.



Everyone's against me



Think about what you are doing and how it looks to others.



Only one point of view



Be open to the perspectives of others.



Making a big deal



Take a deep breath and look at the situation for what it really is.





**NAME CALLING**



**LOOK TOUGH**



**BLAMING**



**REVENGE**



**I AM BETTER  
THAN YOU**



**ONLY ONE  
POINT OF VIEW**



**MAKING A BIG  
DEAL**



**EVERYONE'S  
AGAINST ME**

It is my way or the highway!	He made me do it.
He took my eraser!	Everyone hates me.
You are stupid.	I know I am right. I don't care what you say.
I am never the line leader. My life is not fair.	You are a crybaby
You did that on purpose	She started it!
I saw you whispering, I know you were talking about me	He cut in front of me, so I pushed him out of the way
I'm always the one to blame	She hit me, so I hit her back.
He should go back to where he came from.	I am better at this game than you are.

She won't play the game the way that I want to play.	She touched my backpack.
His desk is too close to my desk.	You are a jerk.
I shook my fist in her face.	I have my arms crossed and angry eyes.
My teacher blames me for everything!	I rolled my eyes when she was talking.
I hate having people like him in my class.	There is no way you can be right.
I am right and that's all there is to it.	If you don't like it, go back where you came from.
You can't boss me around! I make the rules.	You are such a loser.
You are crazy!	I am smarter than you.

I am tougher than you.	I asked him to do something, and he did not do it.
He took my pencil. I just know that he did!	I pushed my chest out at him.
I yelled at him because he was bothering me.	I get blamed for everything in this class.
I will get back at him for what he has done.	He kicked me so I kicked him back.
Oh yea? Make me.	Shut up!
Just try me!	I Dare you to try!
I will make you pay for that!	If you do that, you will regret it.
He did that on purpose.	I will never be able to fix it.

Who do you think you are?	I gave her a mean look because she upset me.
I got in his face when he made me mad.	I will make her sorry for doing that.
He can't get away with that!	I will show him, just wait and see.
If he hurts me, I will hurt him back.	My life is over because I got a bad grade.
The world is going to end because I am so embarrassed.	My way is the best way.
I won't ever forgive you if you do that.	I won't be your friend if you do that.
What are you going to do about it?	You ruined everything!
This is the worst day of my life.	There is nothing you can do to make it better.

# MY ANGER Fire

## Session Objective:

- \*Students will identify thinking that increases their anger.
- \*Students will work collaboratively to sort examples of each of the 8 Anger Fuels.

## Materials:

- \*Fuels my Anger handout
- \*Cut out Fire/Fuels
- \*Cut out examples

## Guiding Questions:

- \*Why is it important to know ways of thinking that make us angry?
- \*How can some of these ways of thinking be problematic?

## 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: Social Skills: Use effective collaboration and cooperation skills. (B-SS 6)
- \*Behavior: Social Skills: Demonstrate social maturity and behaviors appropriate to the situation and environment (B-SS 9)

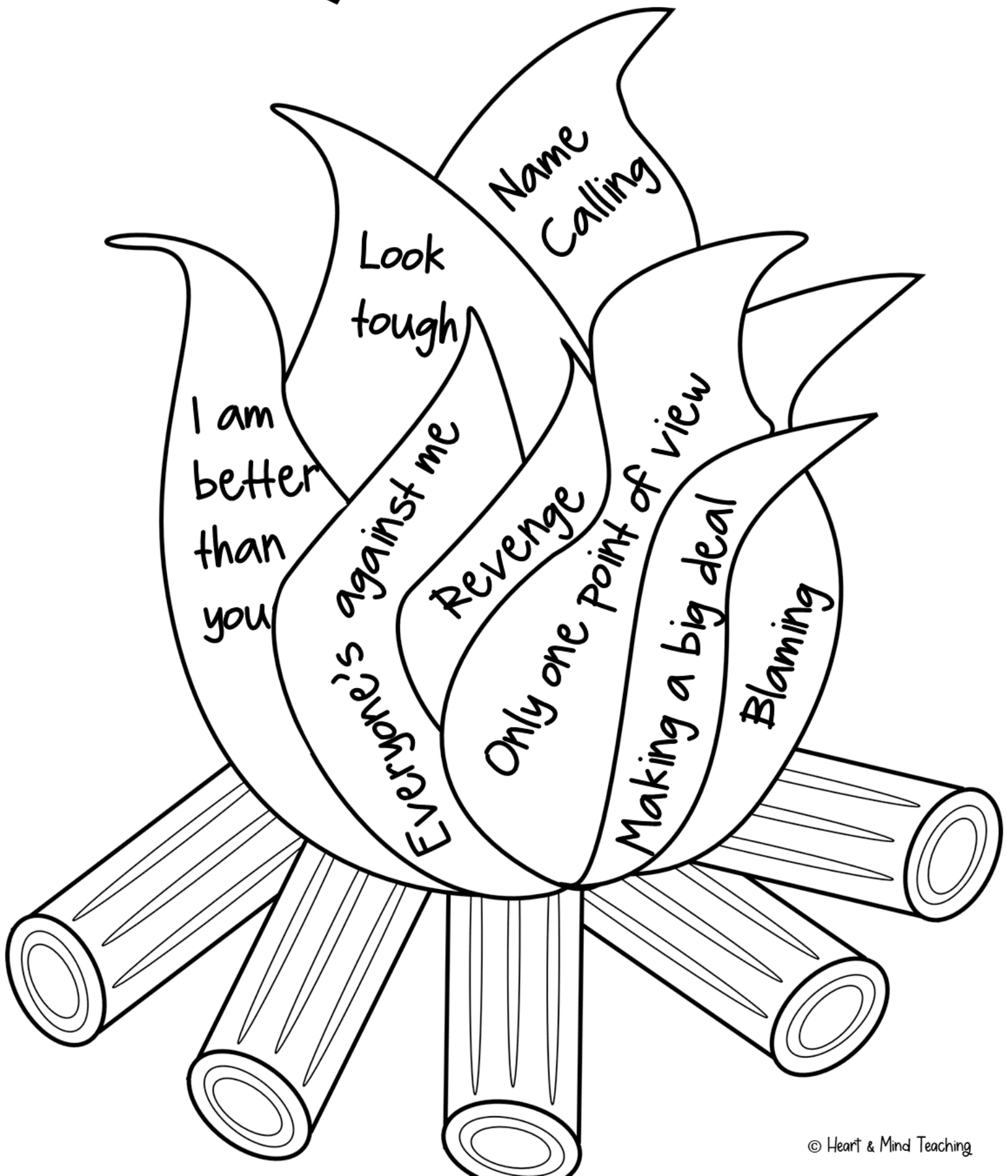
## SEL Competencies:

- \*Self-awareness: identifying emotions, accurate self-perception.
- \*Self-management: self-discipline
- \*Relationship skills: communication, teamwork.
- \*Social-awareness: perspective-taking.
- \*Responsible decision-making: analyzing situations, evaluating.

## Session Details (about 30 minutes)

- \*Say "Today we are going to learn about ways of thinking that cause our anger to increase." Show the group the fuels my anger fire handout. "If you have ever been camping and started a fire, you know that if you add certain things to the fire it will keep the fire going or fuel the fire. Just like a real fire, certain ways of thinking fuel our anger fire." Go over each of the 8 Fuels that increase anger. Place each of the 8 fires on the table (that list each fuel) with enough space to put the examples underneath them. "I will read out an example and I want us to work as a group to sort them under which fuel, they belong to. This will help us identify some of the thinking we do in our own lives that lead us to being angrier" Read out loud each example and work as a group to sort the examples placing each one under one of the fuels that it coincides with. Ask engaging questions:
- Can anyone relate to this way of thinking? Do you have an example?
  - Does this way of thinking sound like a person you would want to be friends with?
  - If you said that to someone what do you think they would think/feel/do?
  - If someone said that to you, what would you think/feel/do?

# Thinking that fuels My ANGER Fire



# Put out that **ANGER** Fire



Name calling



Use Kind Words.



Revenge



Forgive and let it go.



Blaming



Be accountable for your actions.



Look tough



Don't try to look a certain way to others, just be yourself.



I am better than you



We are both equal and important.



Everyone's against me



Think about what you are doing and how it looks to others.



Only one point of view



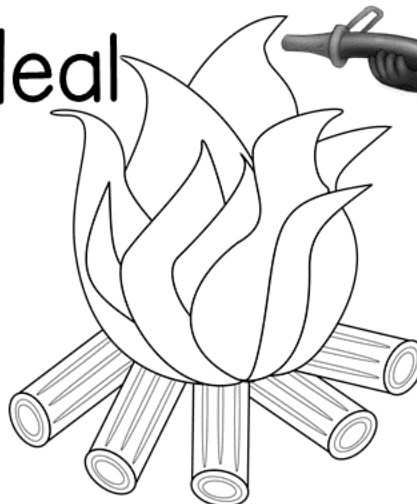
Be open to the perspectives of others.



Making a big deal



Take a deep breath and look at the situation for what it really is.





**NAME CALLING**



**LOOK TOUGH**



**BLAMING**



**REVENGE**



**I AM BETTER  
THAN YOU**



**ONLY ONE  
POINT OF VIEW**



**MAKING A BIG  
DEAL**



**EVERYONE'S  
AGAINST ME**

# GOOGLE CLASSROOM

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

1 Click here  [My Anger Fire](#)

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!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

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

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



**Thank you for supporting my little shop!**

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

Access my Freebie Library



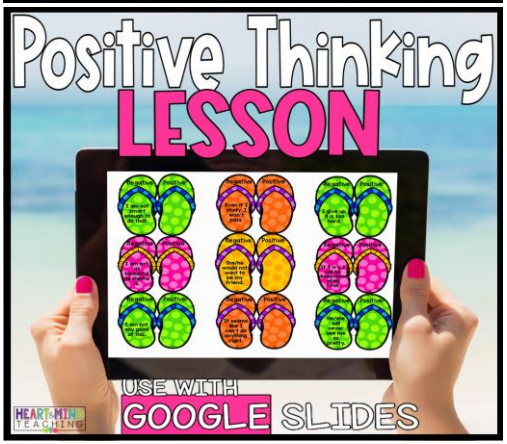
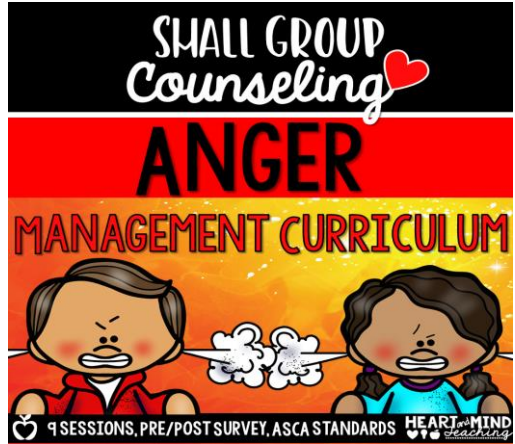
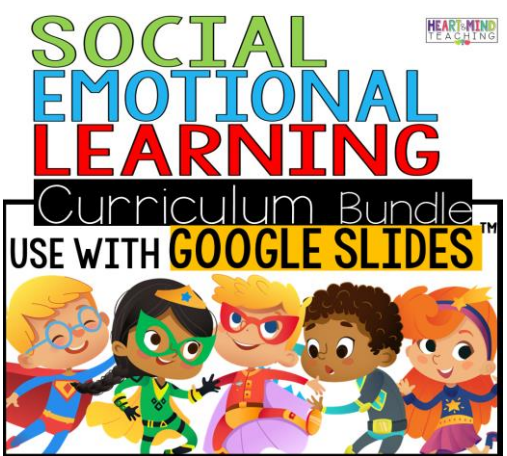
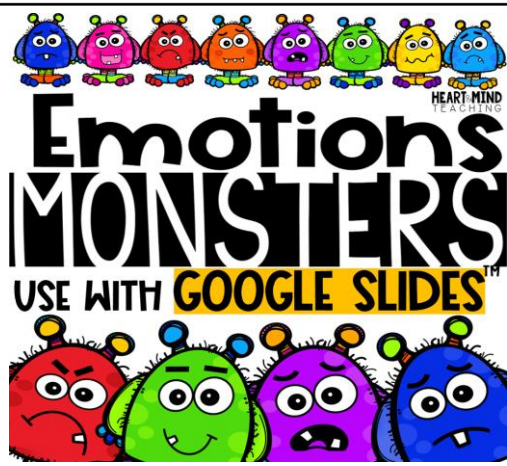
**FOLLOW FOR EXCLUSIVE SAVINGS**

New products are 50% off for 24hrs.

➔ **CLICK HERE** ➔

C H E C K T H I S O U T

This resource and 8 others are included in this Curriculum



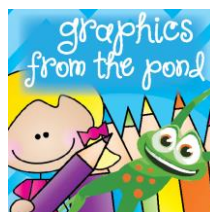
# TERMS OF USE

© Heart and Mind Teaching, 2021. All rights reserved. Purchase of this item entitles the purchaser the right to reproduce for classroom, personal, and google classroom use only. Use in multiple classrooms, requires the purchase of additional licenses. Redistribution or duplication of this product is strictly forbidden without the written permission of the publisher. Copying any part of this product and placing it on a publicly accessible website is strictly forbidden and is a violation of the Digital Millennium Copyright Act (DMCA). You may post this for single-classroom use on a password protected student site such as google classroom. **You may NOT post my products on any public, for-profit, or commercial websites or entities, such as Outschool.** Please do not sell or distribute any part of this as your own. Thank you for abiding by universally accepted codes of professional ethics while using this product.

Questions or Concerns?  
Please reach out to me at:  
[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)



# CREDITS



[Gayle McGlaulin](#)