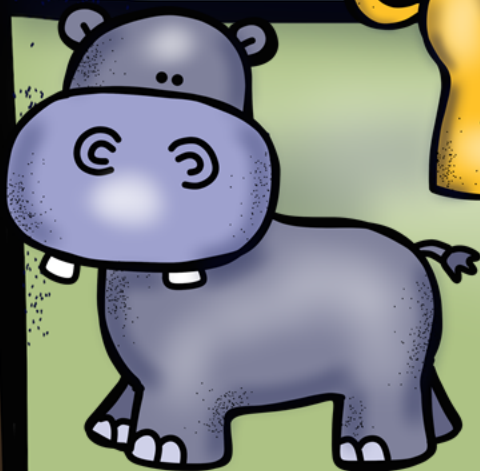


My
Angry
Animal



My Angry Animal

Session Objective:

- *Students will determine their angry and calm animals.
- *Students will learn the traits needed to be seen as a calm person.

Materials:

- *My Angry Animal Journal (one for each student)
- *Pencils

Guiding Questions:

- *What are different characteristics of being angry?
- *What are different characteristics of being calm?

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 oral and written communication skills and listening skills (B-SS 1)

SEL Competencies:

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

Session Details (about 30 minutes)

*My angry animal journal activity: Pass out an Angry Animal Journal to each student. "Animals are just like us, they feel happiness, sadness and even anger. Each animal expresses their anger differently, just like each of you express your anger differently. Let's find out which animal we can relate to. Put a check on all of the descriptions that you think sound like you, be honest no one here is perfect." Allow time for students to go through both pages of angry animals. "Now, find the animal that you have the most checks on and that is your angry animal. On the next page, circle your angry animal at the top of the page and answer the reflection questions." Ask each student what animal they got and what they had in common and not in common with the animal. Ask if there is a trait that you would want to change and why. "Now we are going to find our calm animal, check all of the descriptions that you want to describe you. Then find the animal you put the most checks for, that's your calm animal." Have students answer the reflection questions and have them share out. Ask how they are going to act more like this calm animal in their lives.

My Angry Animal

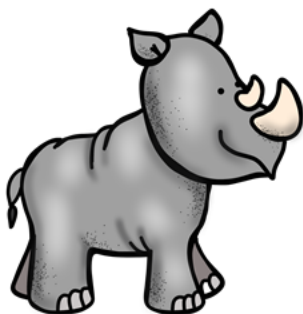
Put a check on ALL of the descriptions you think sound like you.



- | | |
|---|--|
| <input type="checkbox"/> Protective | <input type="checkbox"/> Scares off others |
| <input type="checkbox"/> Makes mean faces | <input type="checkbox"/> Gets loud when threatened |
| <input type="checkbox"/> Prefers groups | <input type="checkbox"/> Prefers to be in charge/the boss. |



- | | |
|---|---|
| <input type="checkbox"/> Often in verbal arguments | <input type="checkbox"/> Often hurts others feelings. |
| <input type="checkbox"/> Does not like to take the blame, even if at fault. | <input type="checkbox"/> Does not like physical fights. |
| | <input type="checkbox"/> Only sees their point of view. |

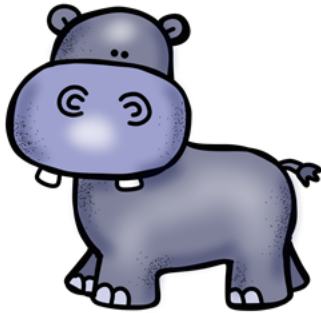


- | | |
|---|--|
| <input type="checkbox"/> Likes to be alone | <input type="checkbox"/> Gets Revenge. |
| <input type="checkbox"/> Intimidates others | <input type="checkbox"/> Frequently in physical fights |
| <input type="checkbox"/> Gets angry easily | <input type="checkbox"/> Threatens others. |

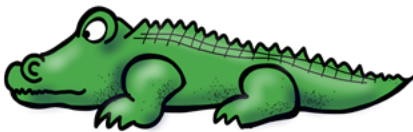
My Angry Animal



- Often alone.
- Looks down on others.
- Others back down from them.
- Likes to look better than others.
- Watches what others are up to.
- Threatens others, rarely acts on the threat.



- Make a big deal of everything.
- Prefers small groups, close friends/family only.
- Often in fights.
- Very aggressive.



- Clenches jaw and muscles when angry.
- Others stay away from them.
- Snaps at others with hurtful words.
- Appears calm by holding it in until they burst.
- Gets frustrated easily.

The animal that you have the most checks on is your Angry Animal.

Circle your Angry Animal:



What traits did you have in common with this animal?

What traits did you NOT have in common with this animal?

What is one trait you and the animal both have that you would like to change? Why?

Circle your Angry Animal:



Draw a picture of your anger animal when it gets angry:

Draw a picture of you when you get angry:

My Calm Animal

Put a check on ALL of the descriptions you want to be like.



Likes to be in groups.

Quiet

Shares with others.

Open to the ideas of others.

Helps to calm others down.



Positive Leader

Gives compliments to others.

Great problem solver.

Friendly and likeable

Accepts others differences.



Very social, has lots of friends.

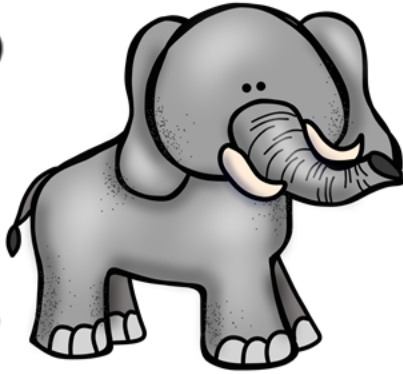
Helps others when in danger.

Protective of family and friends

Easily talks to others.

Unique.

My Calm Animal



Forgives others

Gets along with others

Calm, not easily angered

Lets small issues go

Family oriented

Avoids conflicts



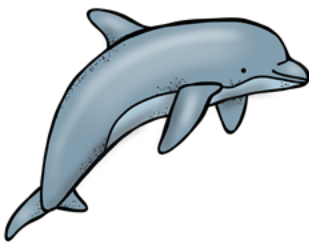
Wise

Quiet, keeps to self

Sees others point of view

Adapts to their environment.

Respectful



Loves large groups

Very Social

Competitive, but still a good sport.

Accepts responsibility for actions.

Views everyone as equals

Smart

The animal that you have the most checks on is your Calm Animal.

Circle your Calm Animal:



What traits do you want to have in common with this animal?

What traits do you NOT want have in common with this animal?

How can you show the traits that this animal has in your life?

Circle your Calm Animal:



Draw a picture of your animal when calm:

Draw a picture of YOU when calm:

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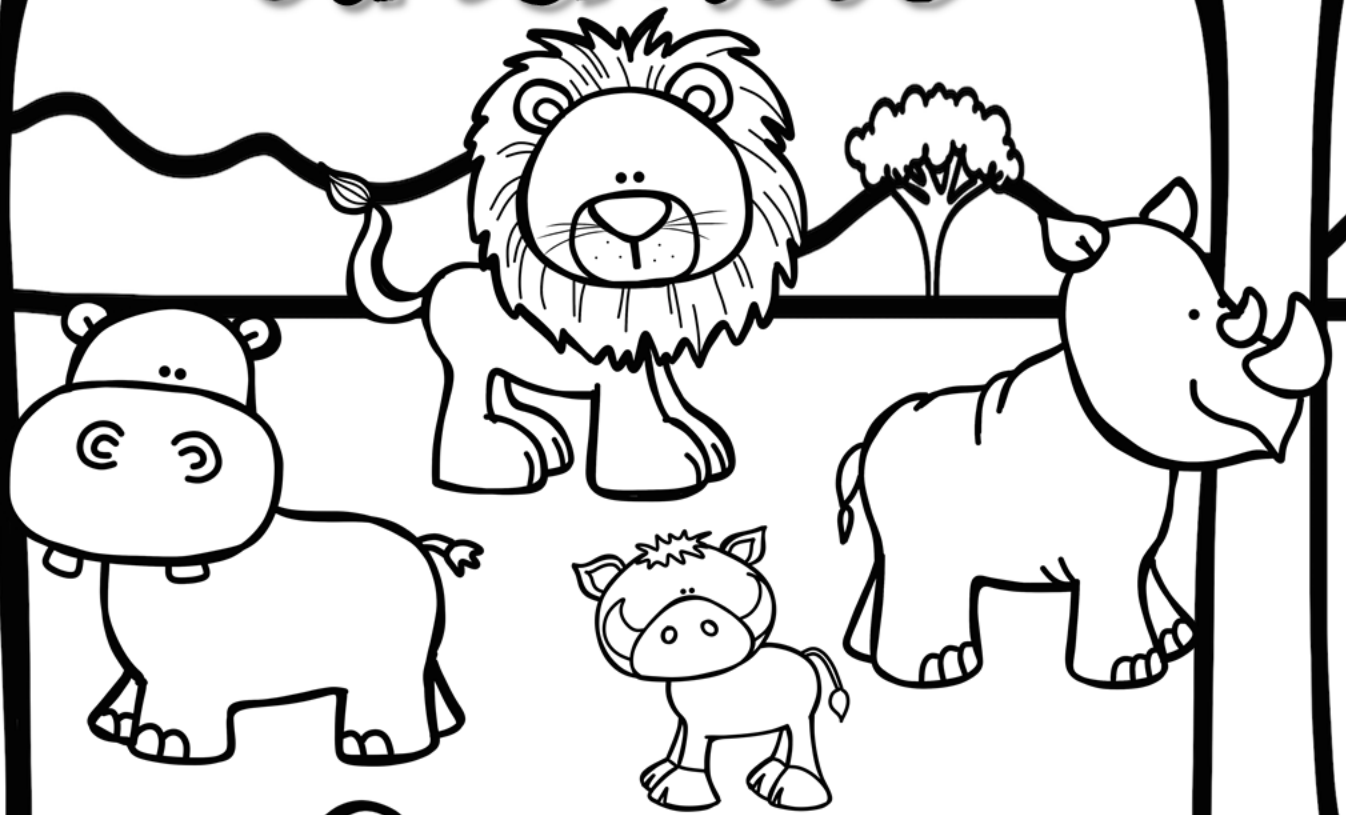
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- Makes mean faces
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- Scares off others
- Gets loud when threatened
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- Often in verbal arguments
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- Often hurts others feelings.
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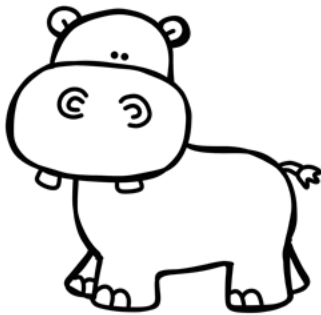
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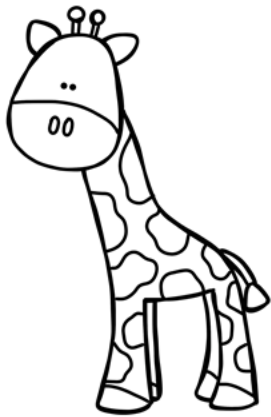


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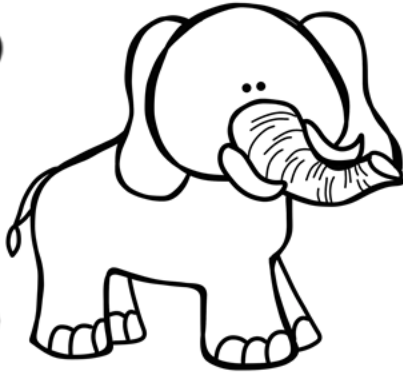
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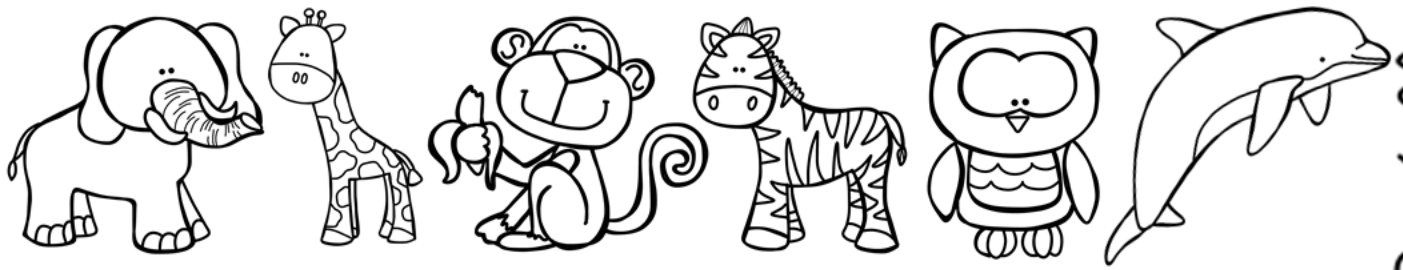
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Accepts responsibility for actions.

Smart

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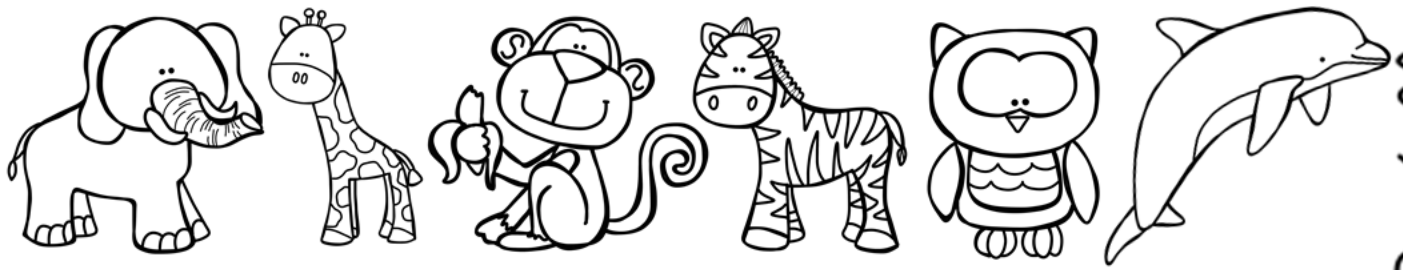


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GOOGLE CLASSROOM

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  [My Angry/Calm Animal](#)

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 **YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**
Otherwise they will all be editing the same file.

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



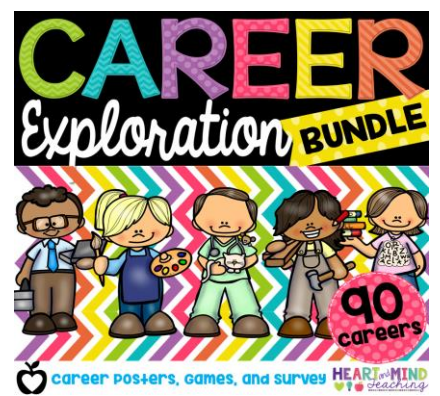
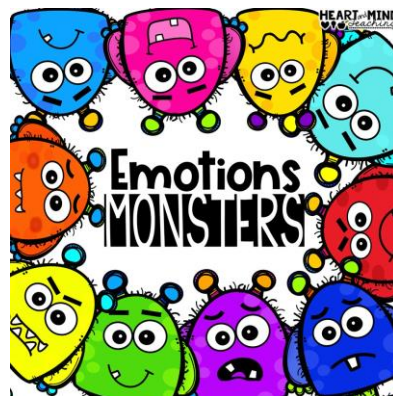
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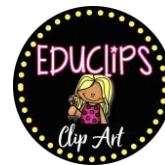
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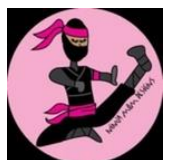
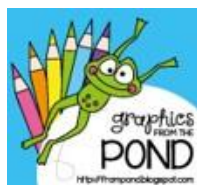
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