

○ 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!

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

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ASCA MINDSETS & BEHAVIORS:

Mindset Standards:

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

Behavior Standards:

- B-SMS 1: Responsibility for self and actions
- B-SMS 2: Self-discipline and self-control
- B-SMS 6: Ability to identify and overcome barriers
- B-SMS 7: Effective coping skills
- B-SS 9: Social maturity and behaviors appropriate to the situation and environment

DIRECTIONS PAGE I:

This lesson will take approximately 45 minutes to teach.

Recommended Sequence:

- Review the PowerPoint or digital for Google Slides™ presentation with students.
- Review (and display) the posters with students.
- Choose either or both of activities: "What Fuels My Fire" and/or "Tame My Flames."
- Choose a worksheet or coloring page to close the lesson.

Presentation:

Both a PowerPoint and digital for Google Slides™ presentation are included. This presentation teaches students all about anger with a cute campfire theme. They learn that anger can feel like a fire roaring inside of us. Just like a fire, it starts small, but if we don't "tame" it with coping skills, it grows and gets harder and harder to control. Students learn about the 5 levels of anger, anger "sparks," what anger looks like, things and situations that "fuel" our fire (triggers), and coping skills that "tame our flames."

There are 3 "Let's Talk" slides that ask students to share. I recommend having students first share their responses with a partner and then volunteer to share out with the class. I also suggest involving students as much as possible throughout the presentation – asking them to "act out" what anger looks like and modeling/practicing coping skills.

DIRECTIONS PAGE 2:

Posters:

7 posters are included. These are great for instruction and for displaying in your space!

"What Fuels My Fire" Activity

This interactive activity helps students identify their anger triggers: the situations and things that "fuel" their anger fire. Just like wood helps a fire grow, anger triggers make our anger grow. Both full color and black/white versions are included so please only print the pages that you need. Please place the "What Fuels My Anger" mat on a table. Please cut out the logs. Please place the logs spread out on a table where students can see them. Please ask students to choose 3 logs that fuel their fire the most. Blank logs are also included if students would like to write their own. Then, they can place the 3 logs on the fire mat as if they're helping the fire burn. If you're using this activity with a small or large group of students, you may consider printing multiple copies and asking students to take turns choosing and placing logs. It also works well to display it on a document camera and ask students to come up one by one to share.

"Tame My Anger Flames" Activity

This interactive activity let's students discuss, model, and practice coping skills that "tame" their anger flames. Both full color and black/white versions are included so please only print the pages that you need. You'll need a brown paper lunch sack and a dice for this activity. Please cut out the big fire and glue him onto the front of the lunch sack. Please make sure that his mouth is fully on the lunch sack and his flames are hanging over the top a bit (as shown in the

DIRECTIONS PAGE 3:

sample). Then, please cut out his mouth and the bag under it so there is a hole in the bag that students can place items through. Please cut out the "Tame My Anger Flames" label and glue it on the bag below the flame. Please cut out the coping skills that are on splashes of water. Please place the coping skills splashes in a basket or bag. Please review the rules for the "Tame My Anger Flames Game" and make them visible to all students. Please ask students to take turns choosing a coping skills splash from the basket. Then, they roll the dice. Depending on which number they roll, they follow the directions on the rules page (i.e. 1 = teach the group how to do this coping skill, 2 = think of a time when this coping skill would be helpful, etc.). When they're done, they place the coping skills splash inside of the fire's mouth to "put him out." Students can continue taking turns until all the splashes are inside of the fire's mouth.

Worksheets & Coloring Pages

Assorted worksheets and coloring pages are included to close the lesson. Please choose the ones that best fit the needs and abilities of your students, and the amount of time that you have!

Questions or comments? 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 review my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow!

SAMPLE "WHAT FUELS MY FIRE" ACTIVITY



SAMPLE "TAME MY ANGER FLAMES" ACTIVITY



POSTERS

ANGER SPARKS

Fires start with a small SPARK. Anger also starts with a SPARK. Something small happens that we don't like. It bothers and upsets us.



FUEL THE FIRE

Wood, paper, and gasoline FUEL fire and make it grow. Anger triggers FUEL our ANGER FIRE inside of us. They make us feel more and more MAD.



GETTING HURT



GETTING IN TROUBLE

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FEELING LEFT OUT



ANGER LOOKS LIKE

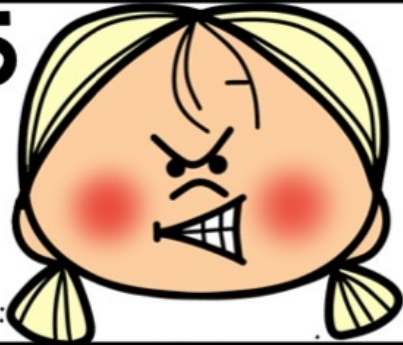


ANGER SCALE

OUT OF CONTROL



5

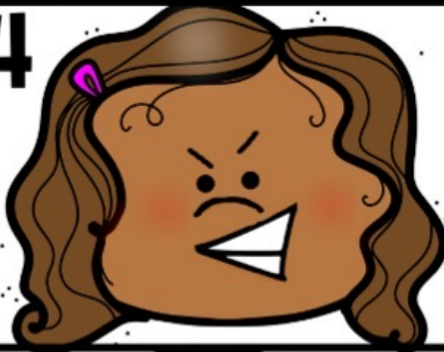


I am exploding with BIG feelings I can't control. I may make bad choices or say things I regret.

ANGRY



4



My heart is beating fast and my hands are in fists. I'm overwhelmed and am starting to lose control.

FRUSTRATED



3



I feel bothered and upset. My breathing is getting faster. My body is starting to sweat.

ANNOYED



2



Something is bugging me. I feel irritated. My body is starting to feel tense.

CALM



1



I am peaceful and relaxed. My body feels comfortable. Everything is okay.

TAME THE ANGER FLAMES

Coping skills are like a hose or bucket of water. They help us "tame the flames" and put out our anger fire. Coping skills are strategies to control BIG feelings. They calm our body and mind.



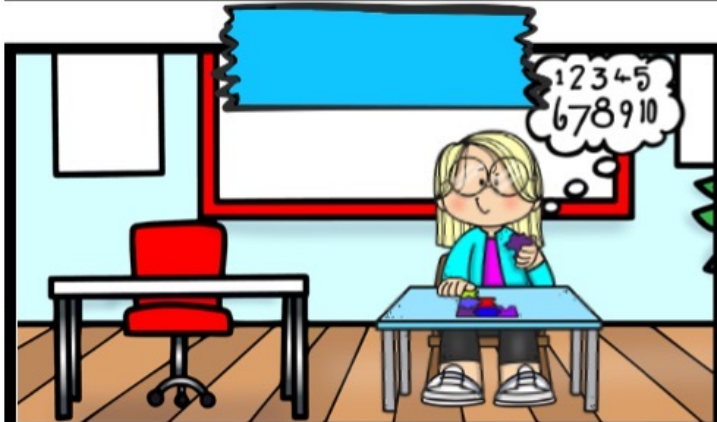
COPING SKILLS



DEEP BREATHING



JOURNALING



COUNTING TO 10



DRAWING



BEING MINDFUL



TALKING IT OUT

COPING SKILLS



READING A BOOK



GOING FOR A WALK



PLAYING OUTSIDE



ASKING FOR A HUG

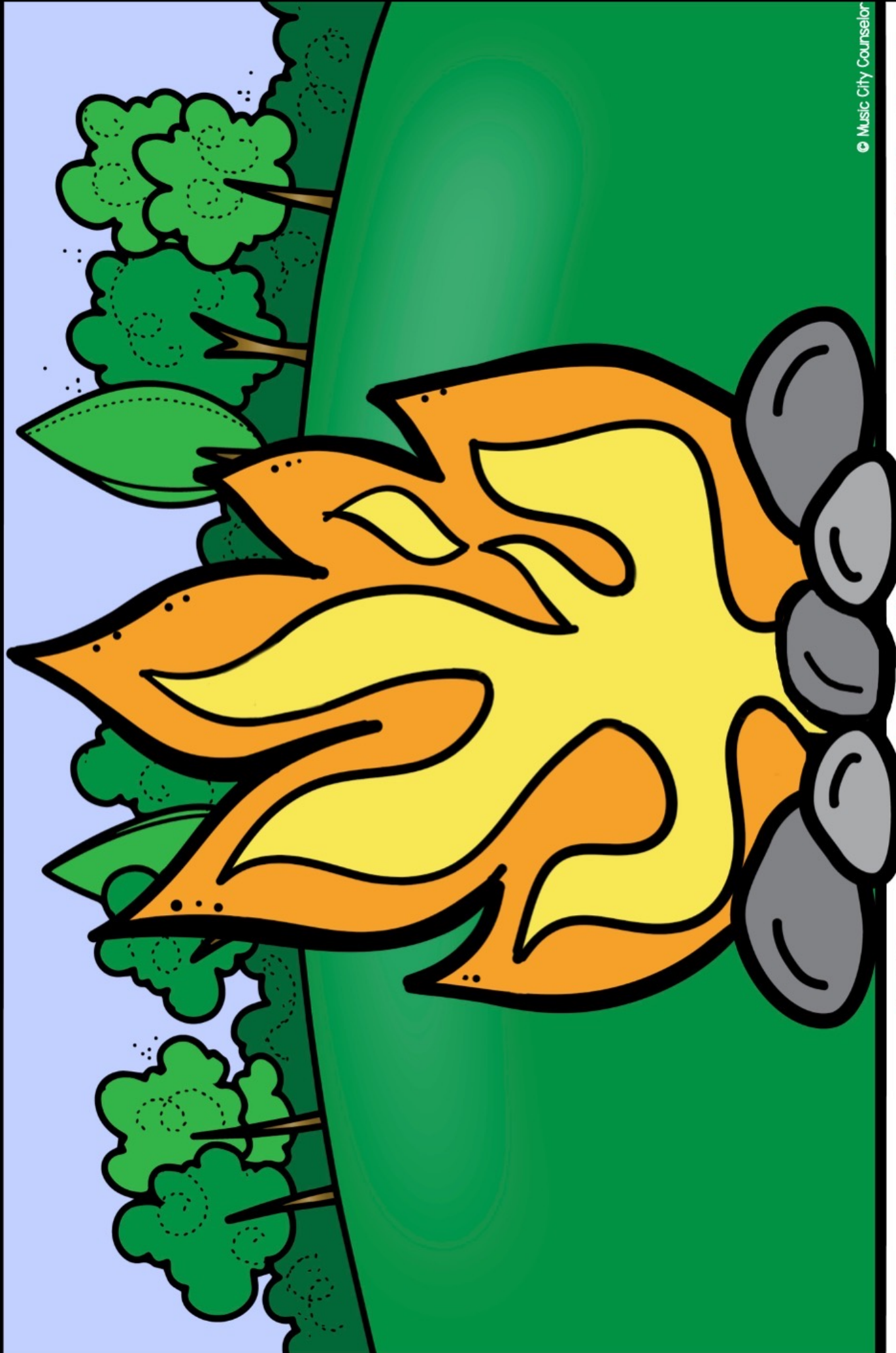


PAINTING



TAKING A BREAK

**WHAT
FUELS MY
FIRE
ACTIVITY**



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WHAT FUELS MY FIRE



**Feeling
left out**



**Don't get
my way**



**Losing
or failing**



**Not
sharing**



**Being
told, "no"**



**Not
taking
turns**



**Getting
hurt**



**Feeling
rushed**



**Sudden
changes**



**Conflicts
with
others**



**Don't
understand**



**Get in
trouble**



**Too much
work**



**Work is
too hard**



**Make a
mistake**



**Invades
my space**



**No one
will play**



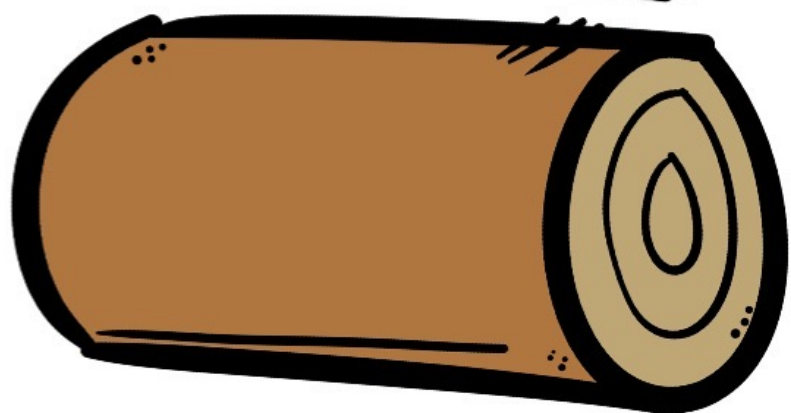
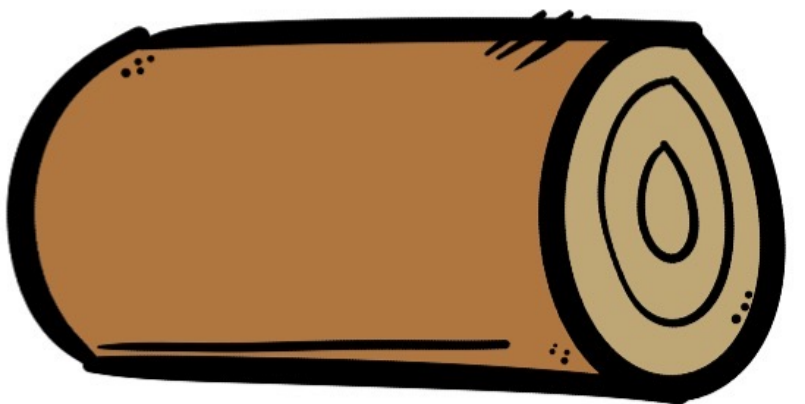
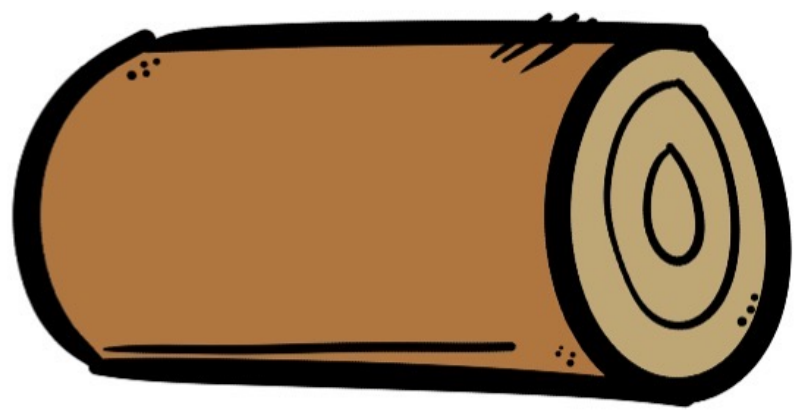
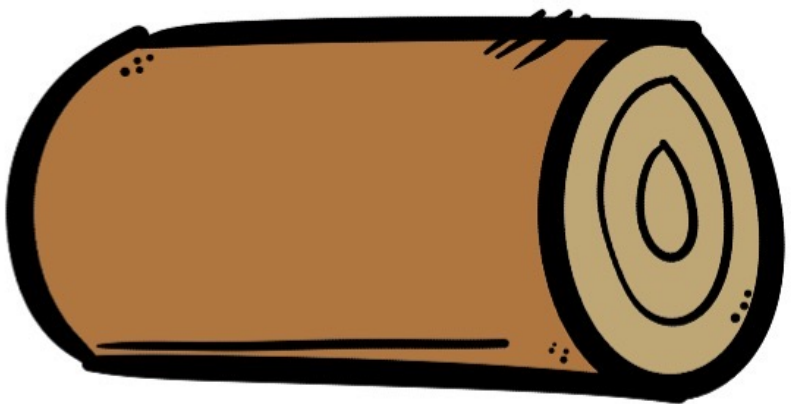
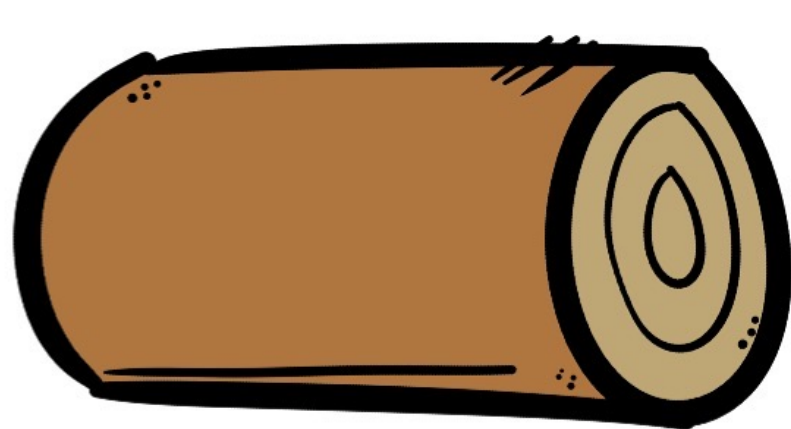
**Someone
yells**

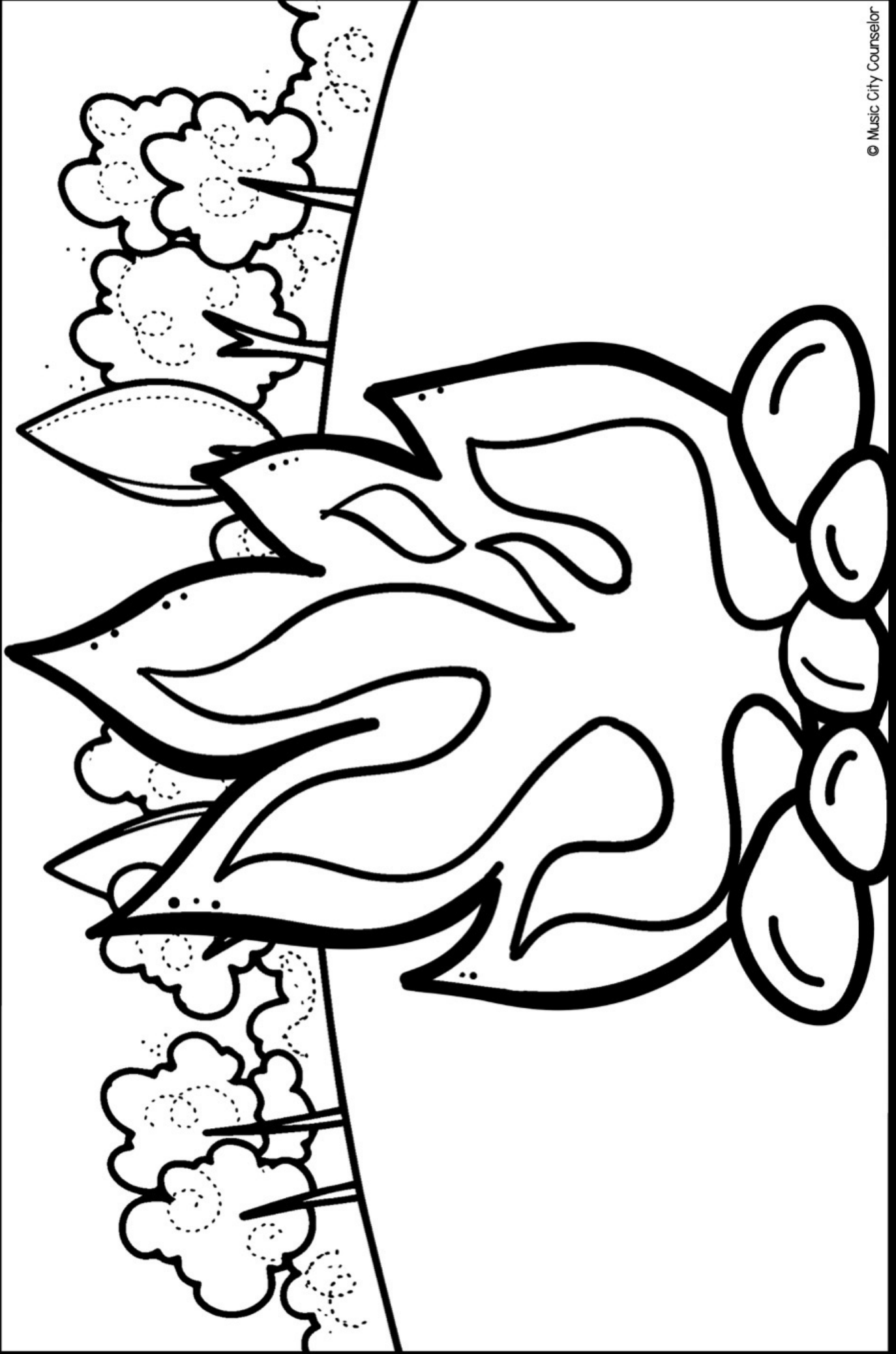


**Someone
argues**



**I'm not
invited**





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WHAT FUELS MY FIRE



**Feeling
left out**



**Don't get
my way**



**Losing
or failing**



**Not
sharing**



**Being
told, "no"**



**Not
taking
turns**



**Getting
hurt**



**Feeling
rushed**



**Sudden
changes**



**Conflicts
with
others**



**Don't
understand**



**Get in
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**Too much
work**



**Work is
too hard**



**Make a
mistake**



**Invades
my space**



**No one
will play**



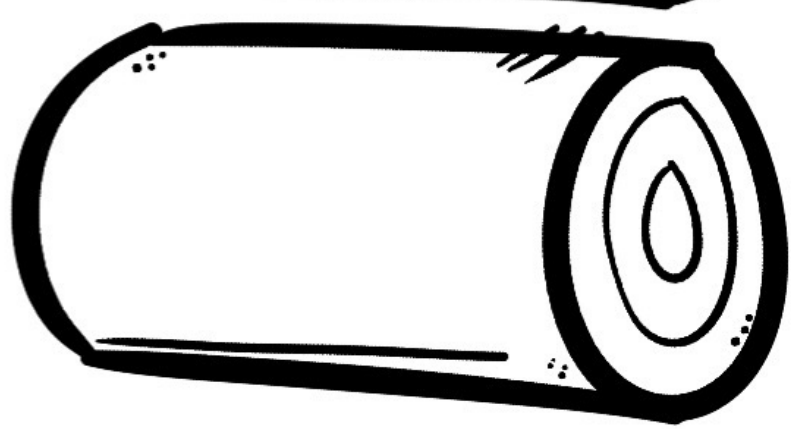
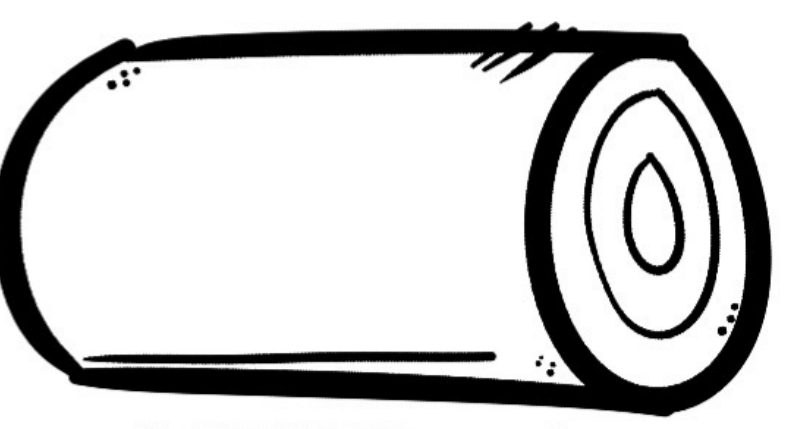
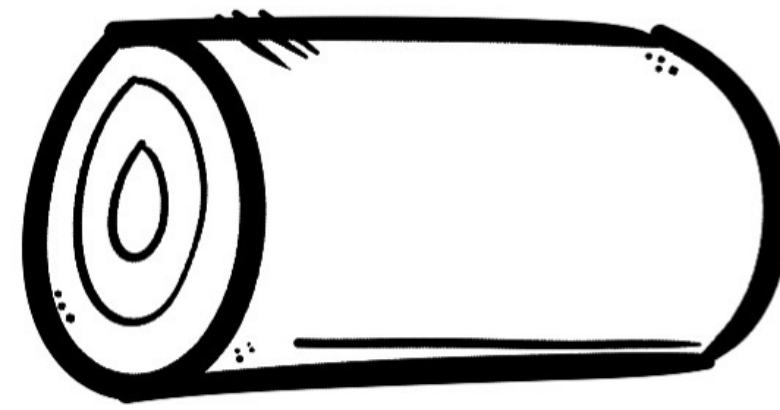
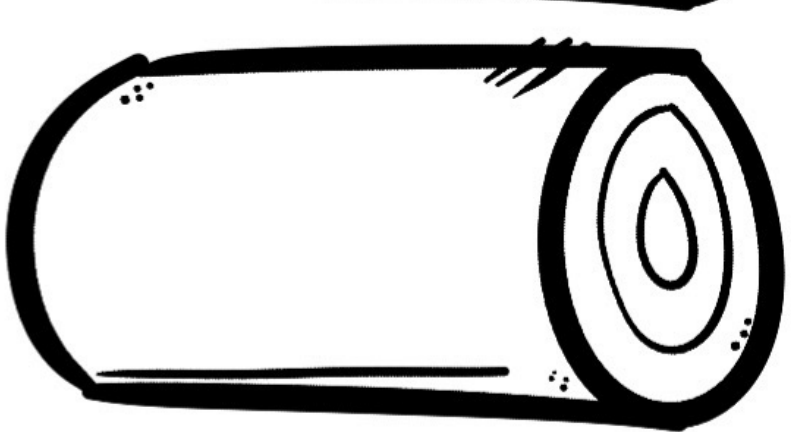
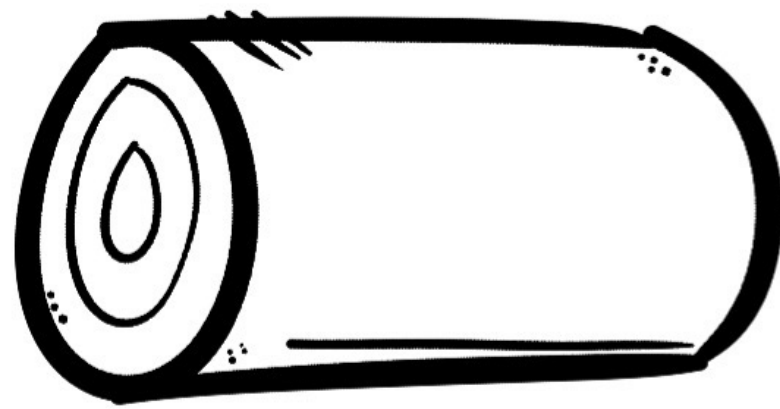
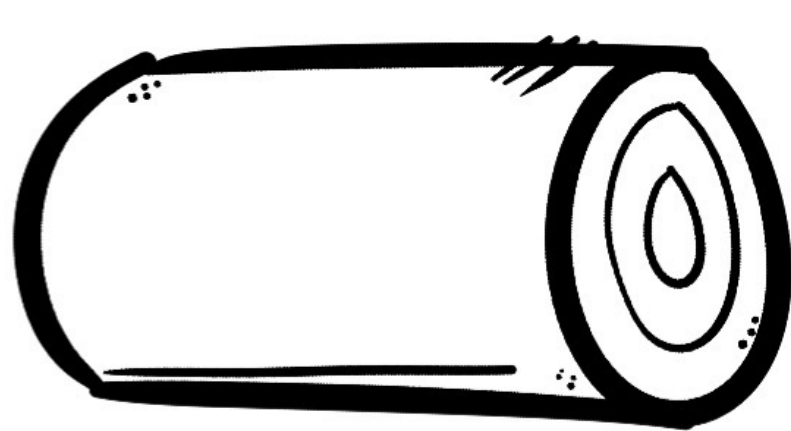
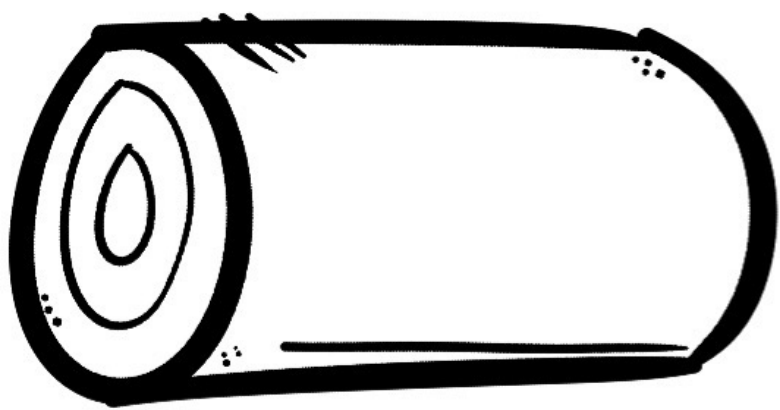
**Someone
yells**



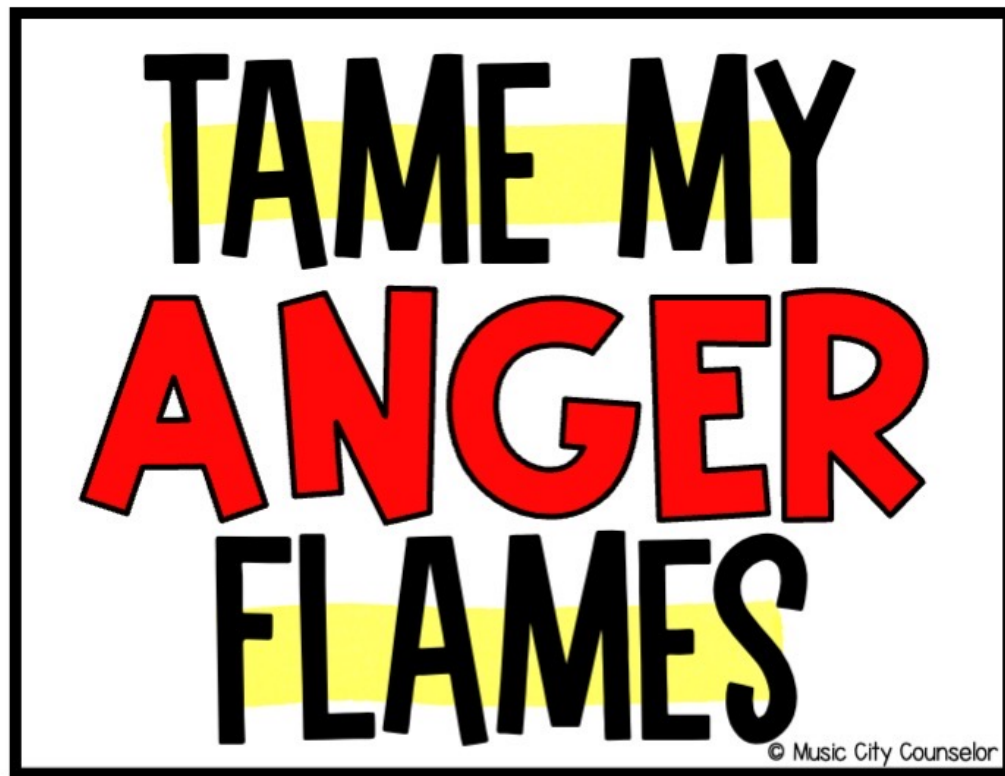
**Someone
argues**



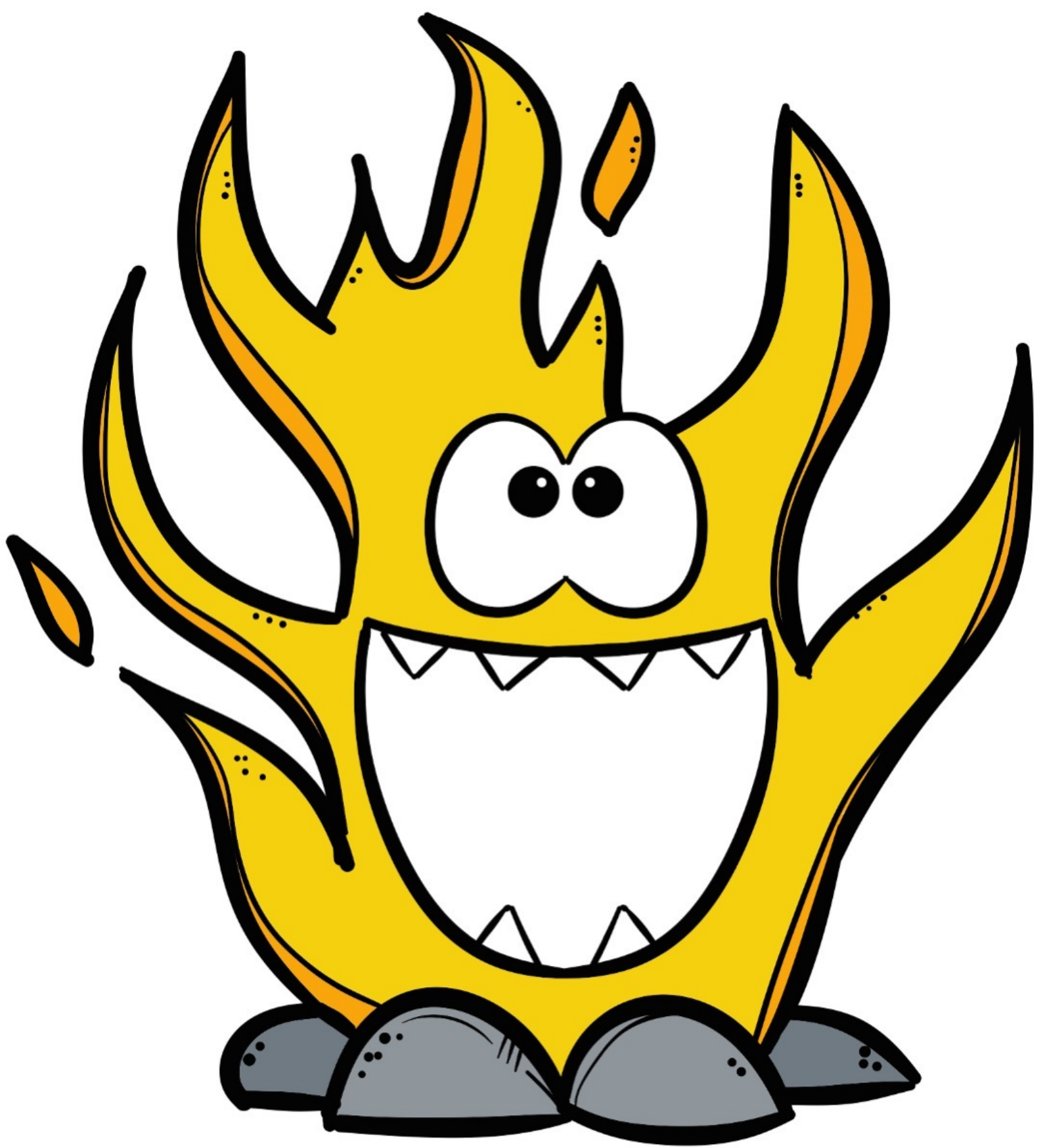
**I'm not
invited**



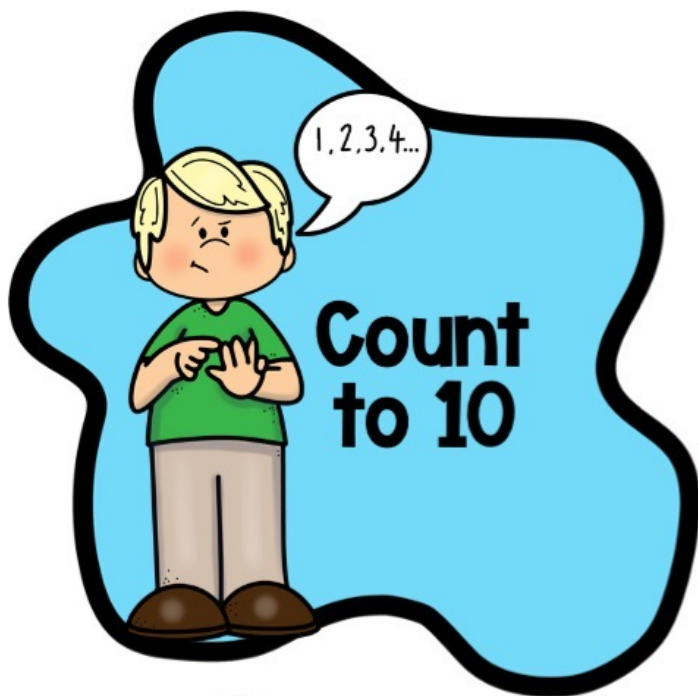
**TAME MY
ANGER
FLAMES
ACTIVITY**



Glue this towards the bottom of the paper lunch sack.



Glue this so that the mouth is on the bag but some of the flames are sticking off the bag.



**Count
to 10**



Be mindful



**Take
deep
breaths**



**Get
active**



**Read
a book**



Listen to music

Paint



**Go for
a
walk**



Play



**Take
a
break**



Drink water



**Use
fidgets**



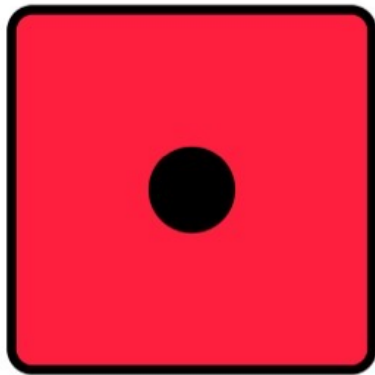


TAME MY ANGER

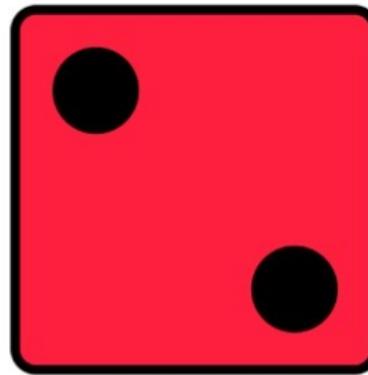
FLAMES GAME



Choose a coping skill. Roll the dice. Follow the directions below. Then, put the anger fire out by "feeding" the coping skill to the fire.



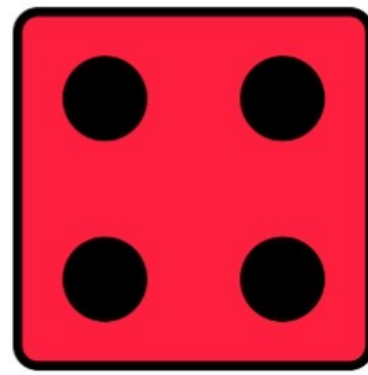
Teach the group how to do this coping skill.



Think of a time when this coping skill would be helpful.



Have you used this coping skill before? If so, explain!



Explain how this coping skill could help you feel calm.



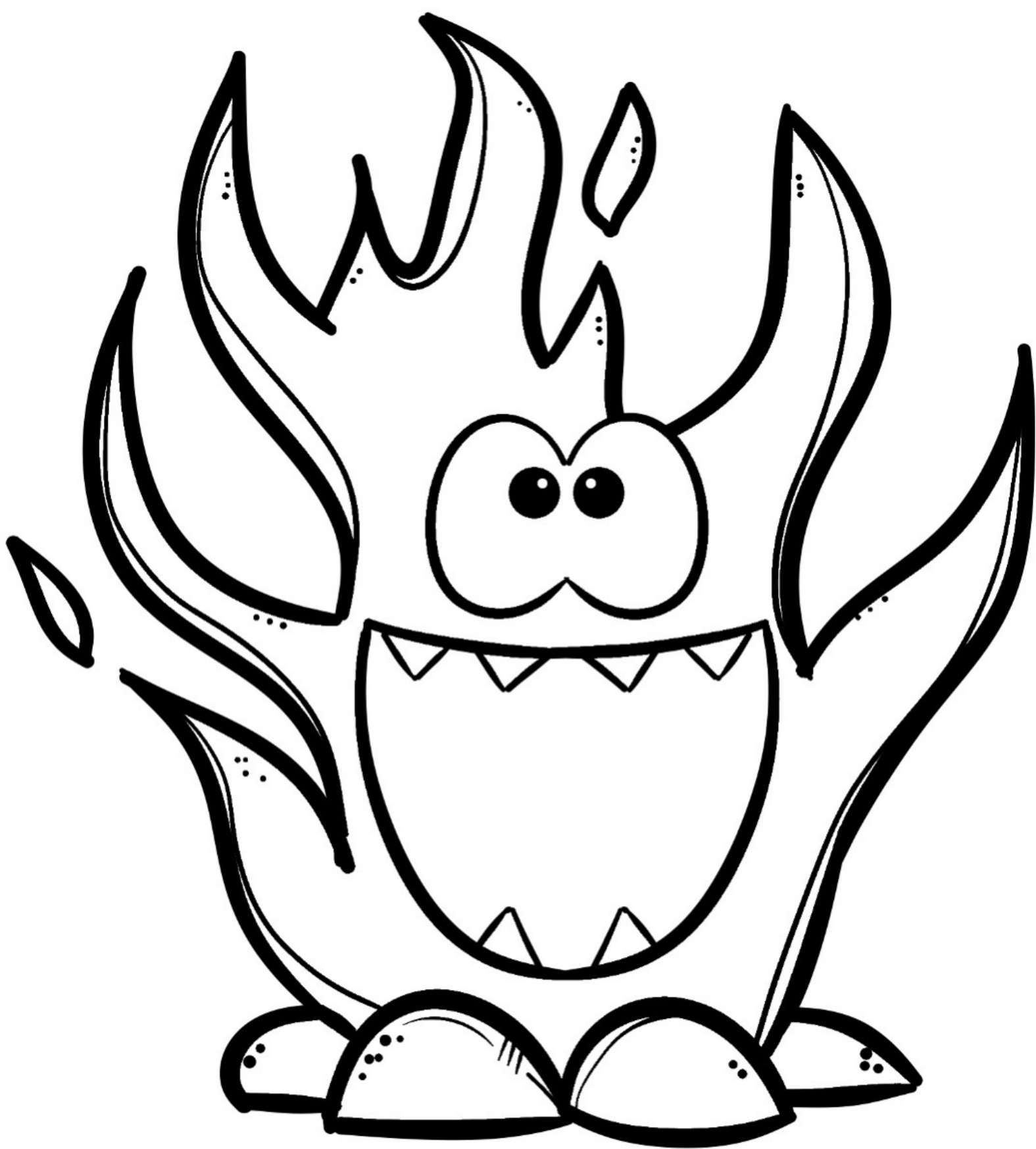
Rate this coping skill on a scale from 1 to 5. 5 means you love it, 1 means you don't!



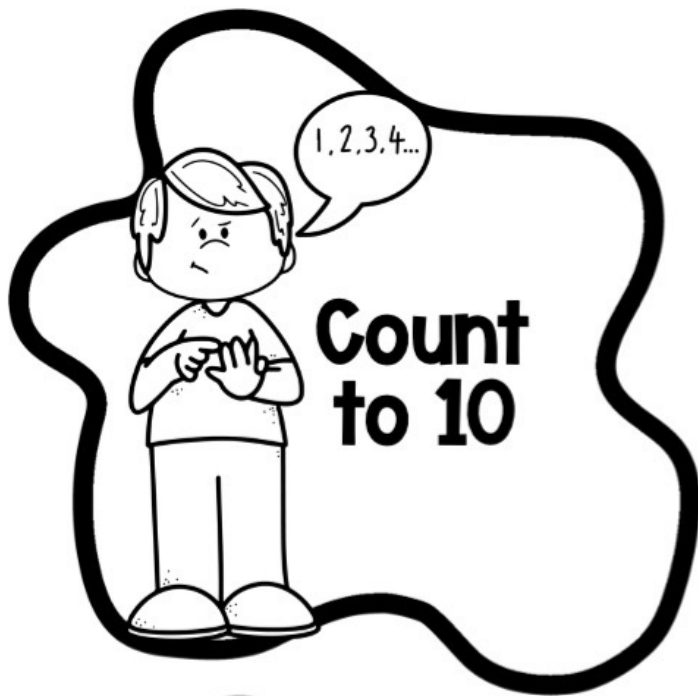
What do you like best about this coping skill?



Glue this towards the bottom of the paper lunch sack.



Glue this so that the mouth is on the bag but some of the flames are sticking off the bag.



**Count
to 10**



Be mindful



**Take
deep
breaths**



**Get
active**



**Read
a book**



Listen to music

Paint



**Go for
a
walk**



Play



**Take
a
break**



Drink water



**Use
fidgets**





**Ask
for
a
hug**



Journal



Talk it out



**Calm
Corner**



Go outside

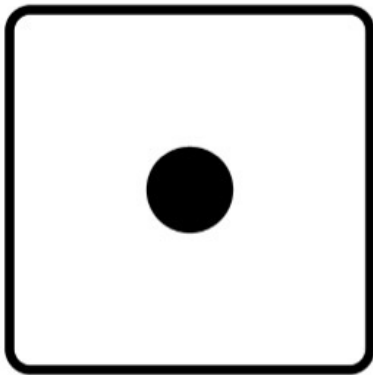


**Happy
place**

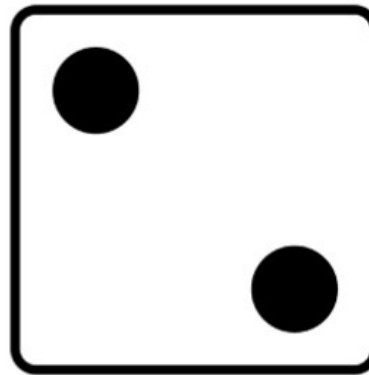
TAME MY ANGER FLAMES GAME



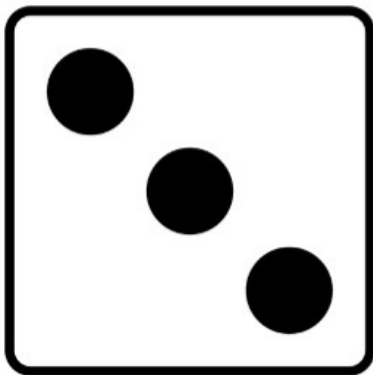
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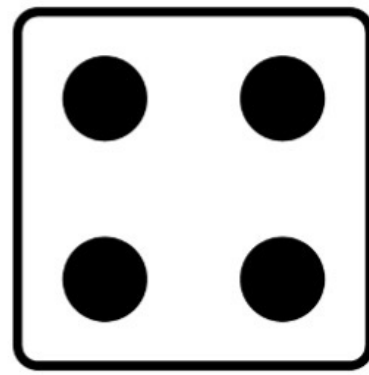
Teach the group how to do this coping skill.



Think of a time when this coping skill would be helpful.



Have you used this coping skill before? If so, explain!



Explain how this coping skill could help you feel calm.



Rate this coping skill on a scale from 1 to 5. 5 means you love it, 1 means you don't!



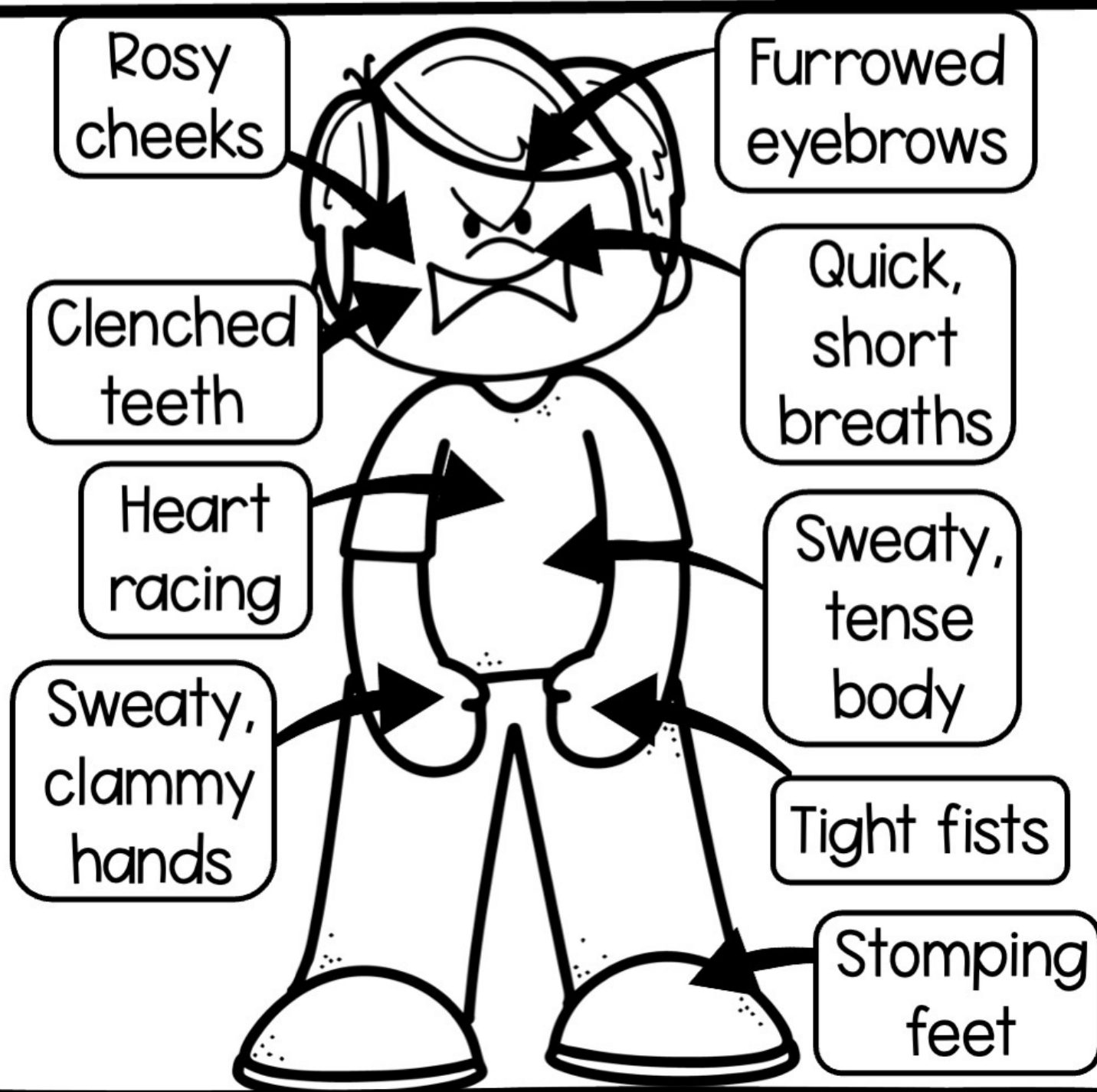
What do you like best about this coping skill?

WORKSHEETS & COLORING PAGES

Name: _____

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ANGER LOOKS LIKE



Name: _____

TAME MY FLAMES

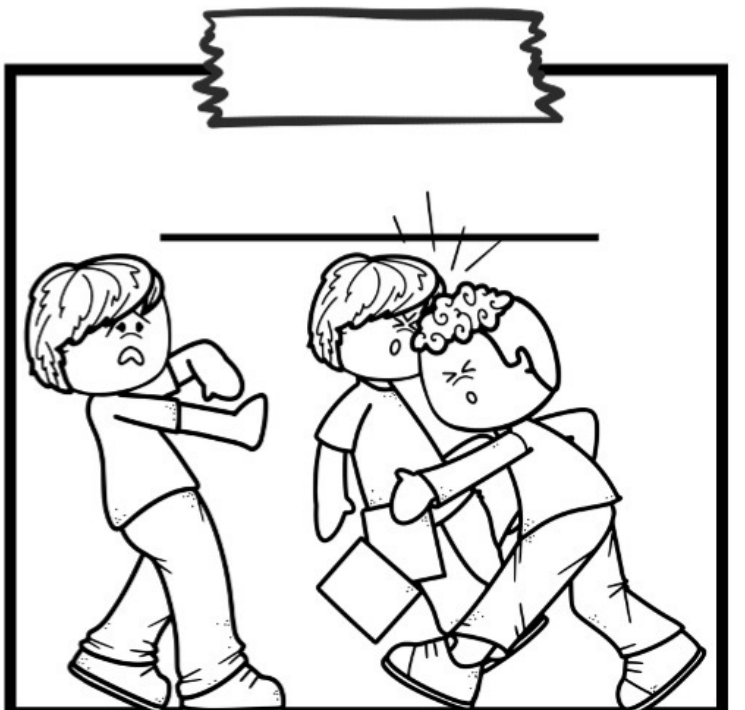
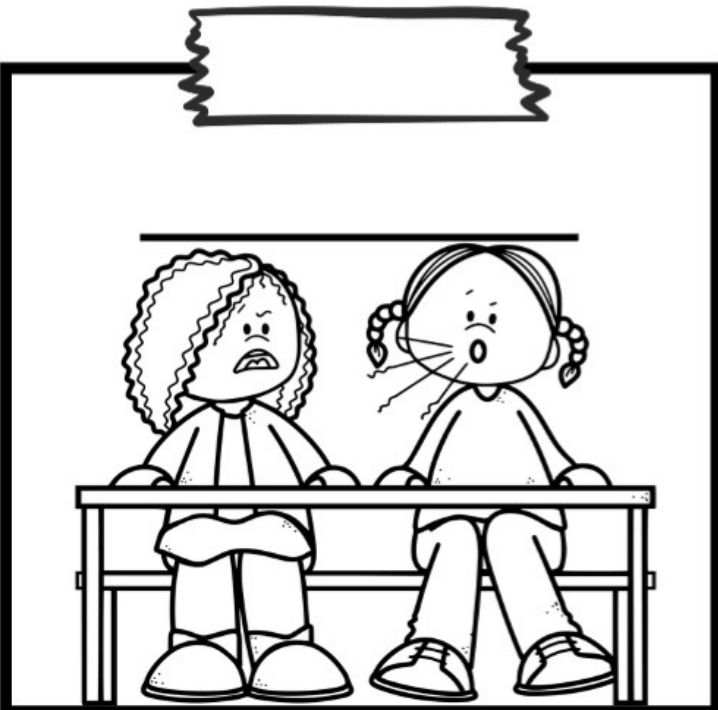
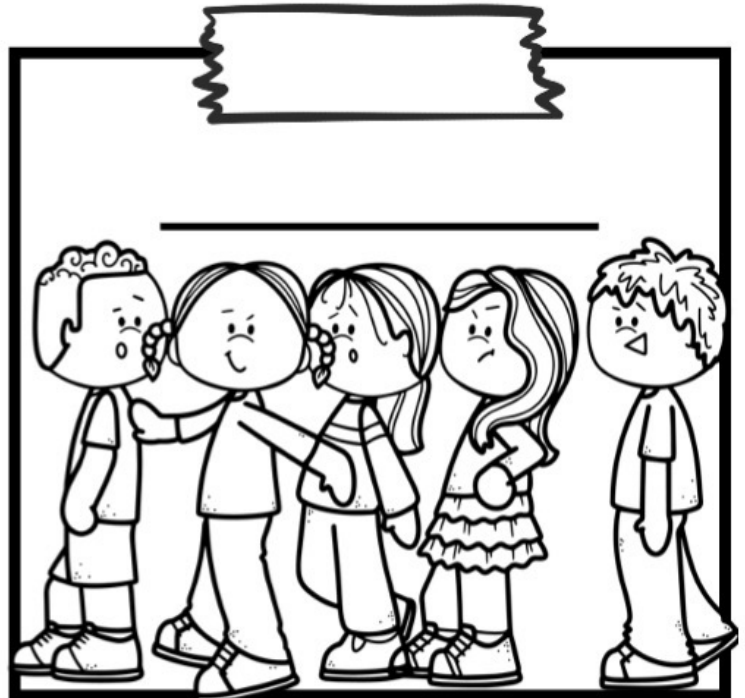
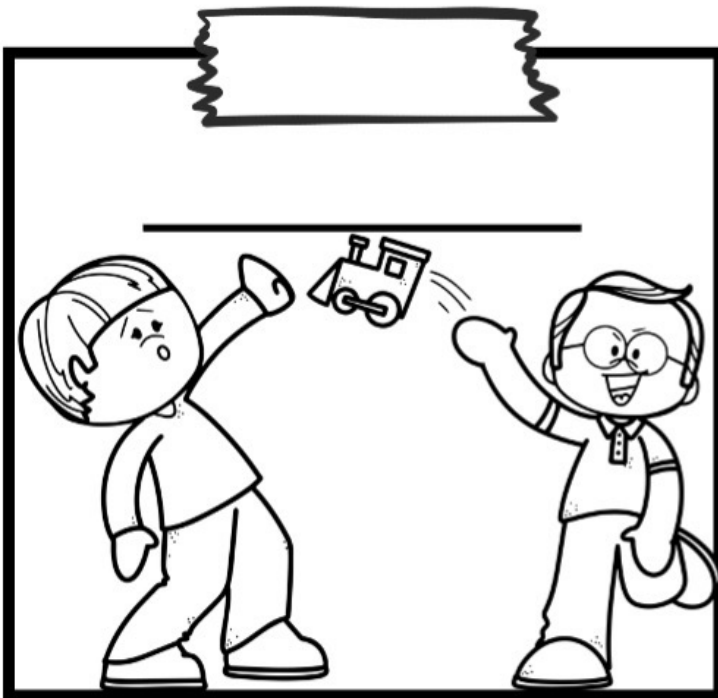
Color your favorite coping skills.



Name: _____

ANGER SCALE

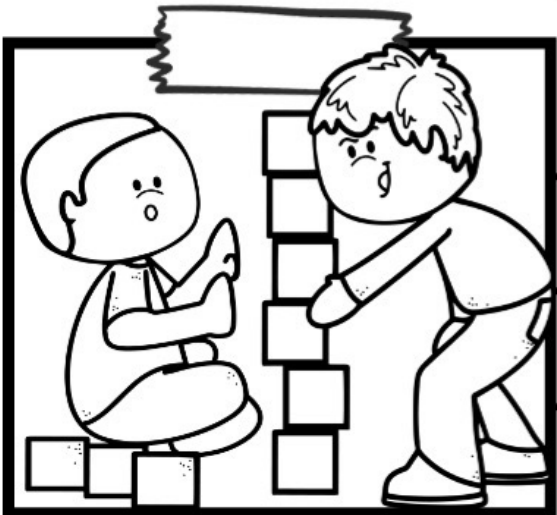
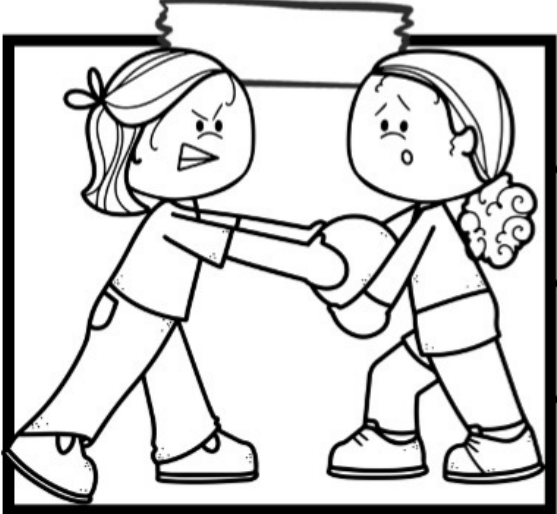
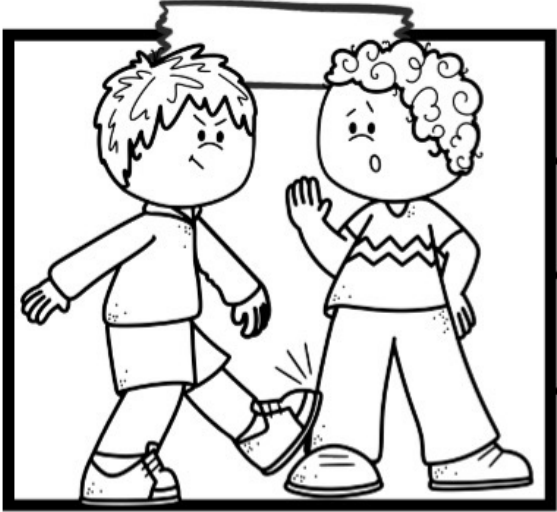
In each situation, write on the line how would you feel:
1 = Calm, 2 = Annoyed, 3 = Frustrated,
4 = Angry, 5 = Out of Control



Name: _____

TAME MY FLAMES

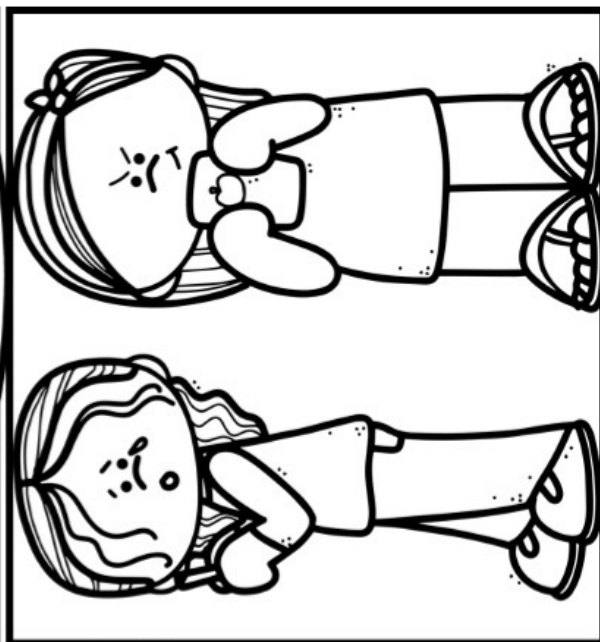
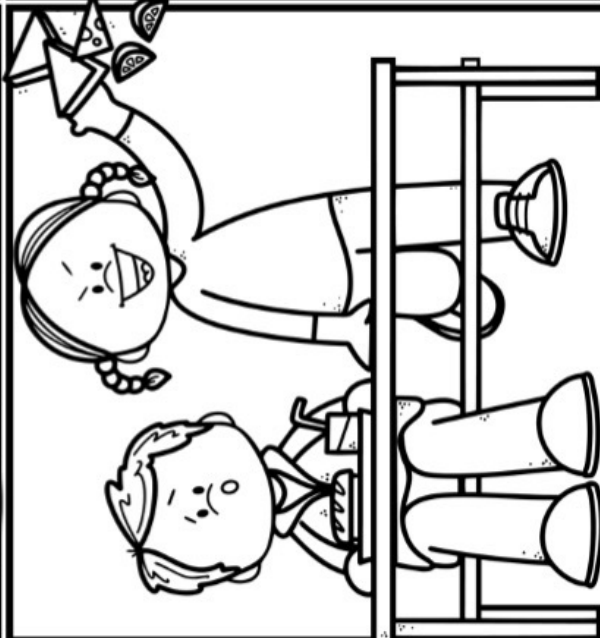
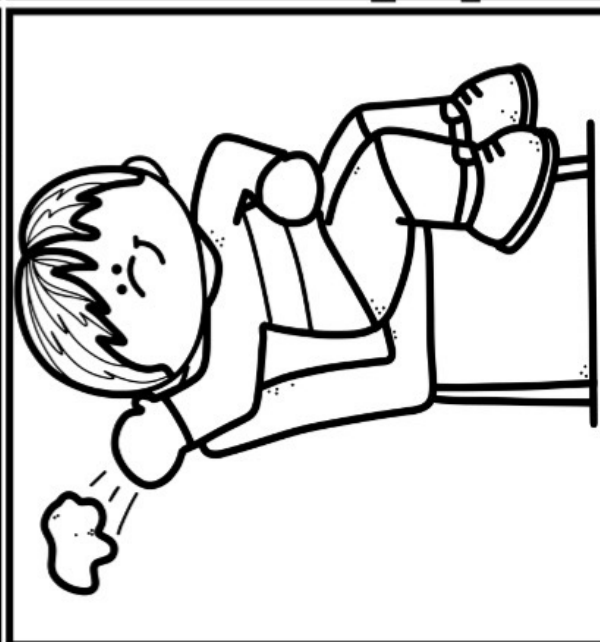
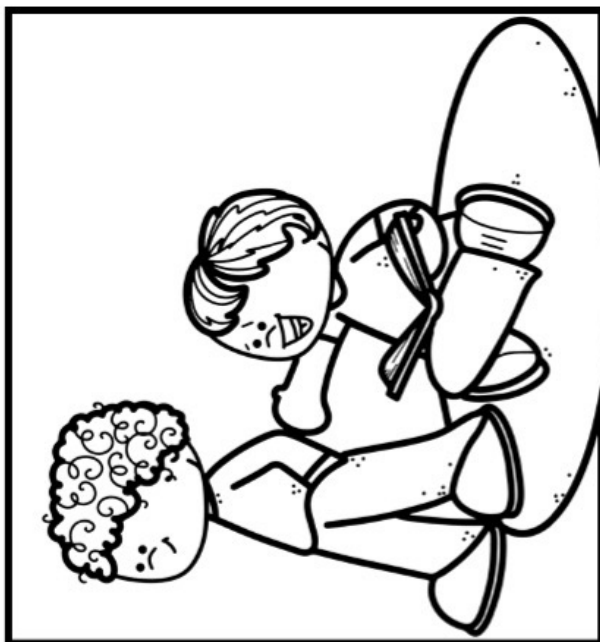
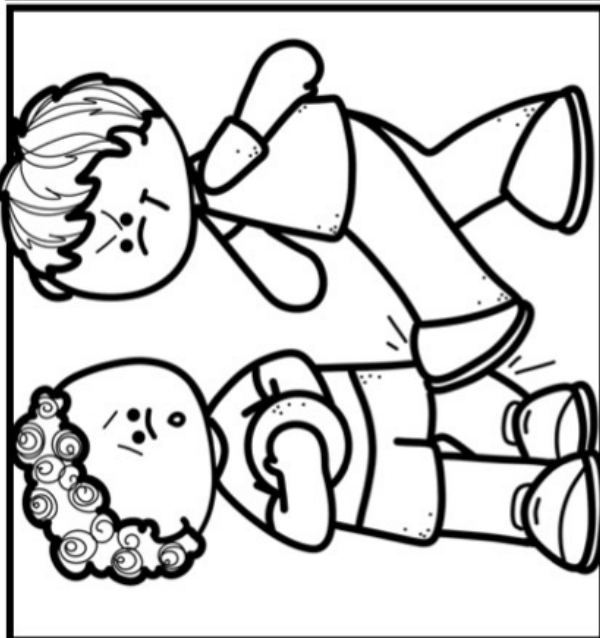
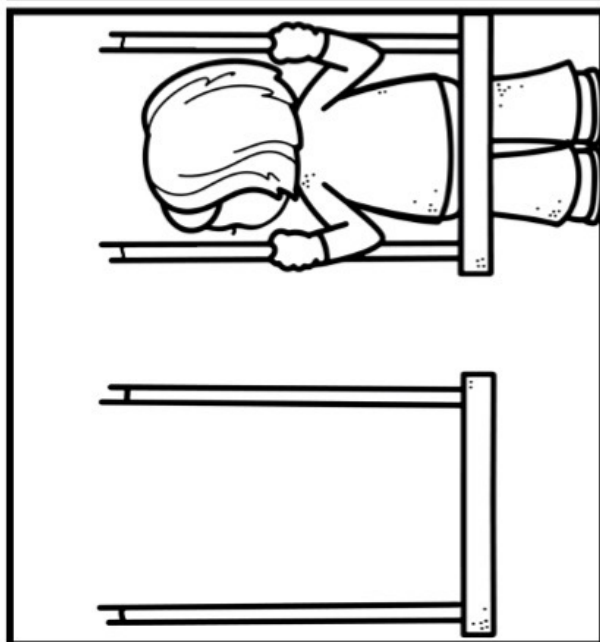
Which coping skills could these students use to tame their anger flames?



Name: _____

Color the pictures below that

FUEL YOUR ANGER FIRE.



Name: _____

Write and draw about the things and situations that

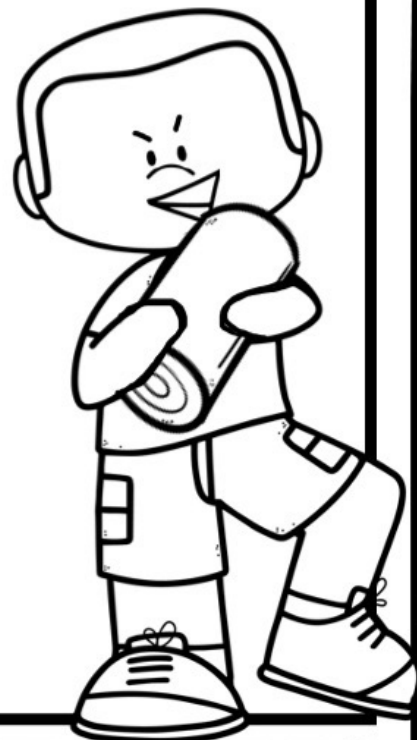
SPARK YOUR FIRE.



Name: _____

Write and draw about the things and situations that

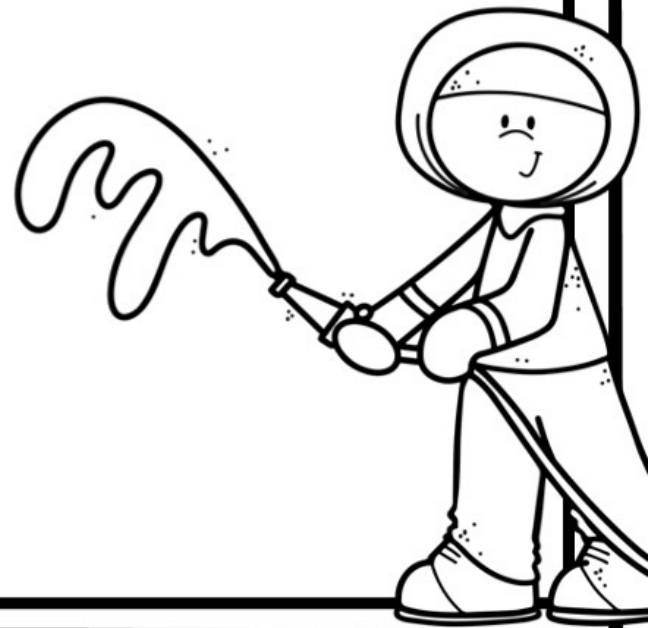
FUEL YOUR FIRE.



Name: _____

Write and draw about the coping skills that

TAME YOUR FLAMES.



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♥ *laura oathout*

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