Circle Time on Anger Management

* Review the circle guidelines with students….
1. **Respect the talking piece. Everyone listens and everyone has a turn so be mindful on the amount of time of your response.**
2. **Be respectful with our words and actions**
3. **Have fun but don’t try and be funny, not a time for funny.**
4. **Keep it 100… Keep it REAL**
5. **Honor Confidentiality…What is said in circle stays in circle, but no guarantee**
* Have students give you a thumbs up or thumbs down on willingness to participate in group. If thumbs down… which one do you not agree with? How can we make it work for you?
* Redirect students that are not ready to an alternate assignment.
* If you don’t want to share say no thank you and pass the piece to the next person.
* **Thank the students for sitting and participating**. Reason that you have chosen to circle up is so that everyone gets an opportunity to learn more about one another. Explain that it is very important as their counselor/teacher that you build a relationship with each and every one of them to better help and meet their needs. Challenge them to participate in the circle.
* **Review the three ways to actively participate in circle**
1. Be an active listener
2. Raise your hand for a clarifying question, NOT A COMMENT and limit the questions to 3
3. Thumbs up and Thumbs down
* **Introduction:** We all get angry sometimes, but it is how we respond to anger that makes us who we are. Don’t speak yet, think about the last time you were mad about something and how you reacted (give think time). How many of you reacted inappropriately to the anger (fight, yelled at person, punched a wall)

* **Introduce the talking piece/Explain why you chose it?**

Thermometer (to measure rising heat/trouble), Stress ball (relieve stress), Tissue (for tears that may go along with anger), Balled up piece of paper (Feeling balled up and tight when angry)

* **Circle Open**: Share one of the following quotes:
* Holding onto anger is like drinking poison and expecting others to die. –Buddha
* It’s a lot easier to be angry at someone than to tell them you are hurt. –Tom Gates
* When anger rises, think of the consequences. –Confucius

 Have students either give you a thumbs up/down whether they agree/disagree with quote or allow students to share what they think it means or their thoughts about quote.

* **Discussion Round**
1. How do you respond to being mad?
2. How successful was the response? Did it make you feel better/worse?
3. Share one or two ways to manage anger that will help someone feel better without getting more angry?

**Closing**:

You can choose from:

You Tube: Inside Out-Riley argues with her parents or

 Inside Out-Disgust makes anger mad

OR

Turn to your right and say, “The way I will try to manage my anger this week is….