

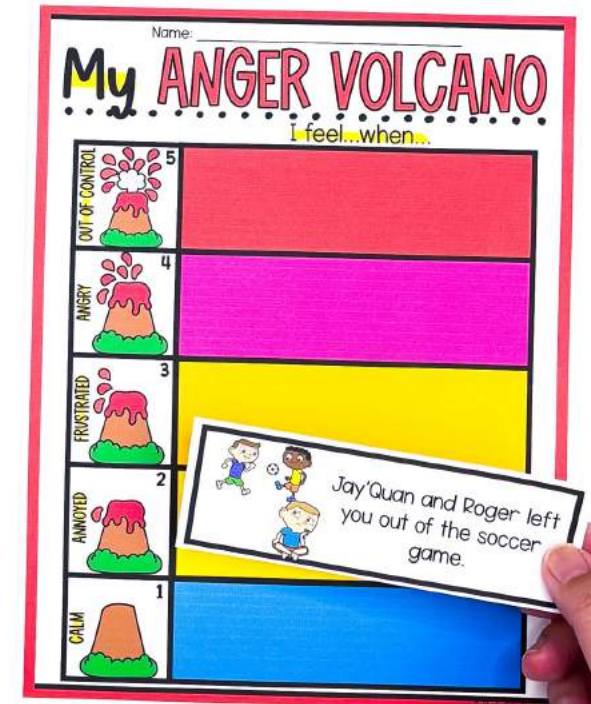
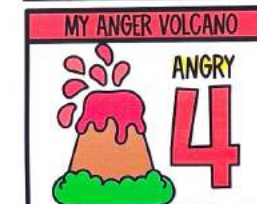
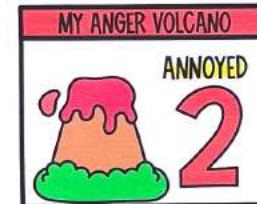
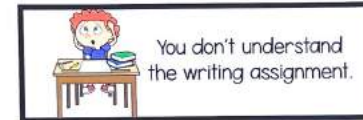
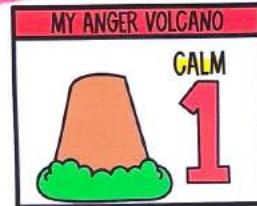
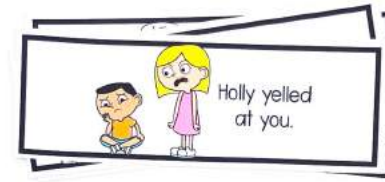


- # IMPORTANT NOTES:
- THIS 11-SESSION CURRICULUM:
- Teaches students to cope with anger and BIG feelings
 - Includes differentiated materials for K – 5th grades
 - Can be used with small groups and individuals
 - Is aligned to ASCA Mindsets & Behaviors
 - Is data-driven with a provided pretest/posttest

IMPORTANT NOTES:

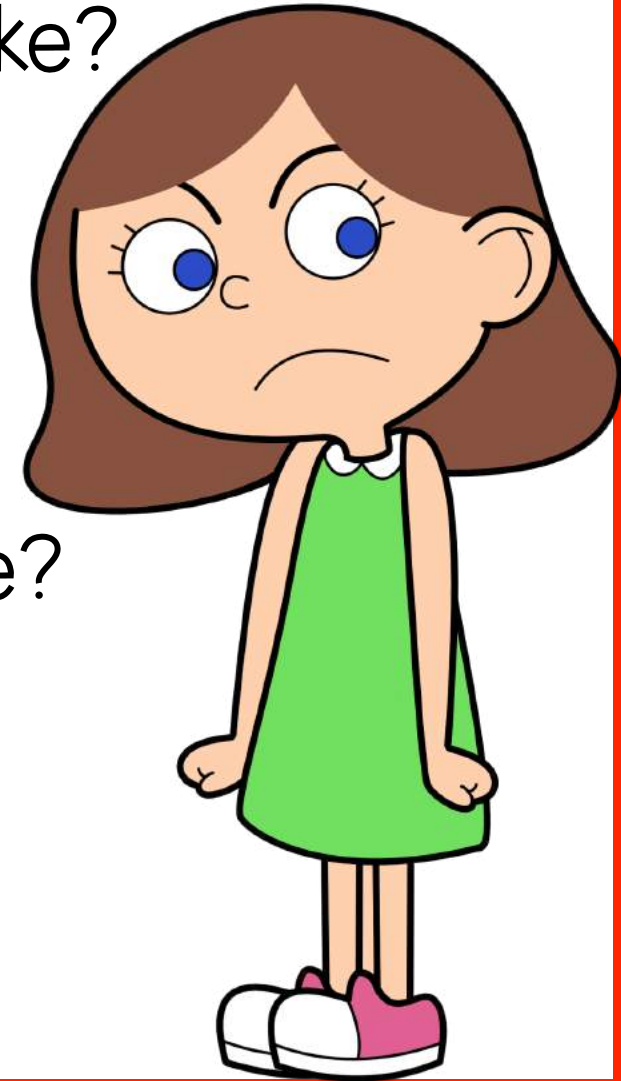
THIS 11-SESSION CURRICULUM:

- Is **super-low prep** and ready to go
- Can be **customized** to fit the needs of your students and the amount of time you have
- Implement all 11 sessions in the order presented. Or change the order, pick and choose certain sessions, or add in materials of your choice!



THE CALM CREW GROUP OUTLINE:

- **Session 1:** Introduction to Group & Get to Know You
- **Session 2:** What is Anger & What Does it Look Like?
- **Session 3:** What Does Anger Feel Like?
- **Session 4:** What Are Anger Triggers?
- **Session 5:** The 5 Levels of Anger
- **Session 6:** My Anger Volcano
- **Session 7:** What is Calm & What Does it Look Like?
- **Session 8:** What Does Calm Feel Like?
- **Session 9:** Using Coping Skills
- **Session 10:** Group Review Board Game
- **Session 11:** Group Closure & Reflection



A DETAILED PLAN IS INCLUDED FOR EACH SESSION:



SESSION 4: Anger Triggers © Music City Counselor

SESSION GOALS:

- Students will learn the definition of anger trigger.
- Students will learn 4 facts about anger triggers.
- Students will identify 6 of their own anger triggers.
- Students will describe 4 people, situations, or problems that "push their buttons."

ASCA ALIGNMENT:

- M.1.1. Relief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- B-SMS 2: Self-discipline and self-control.
- B-SS 9: Social maturity and behaviors appropriate to the situation and environment.

MATERIALS NEEDED:

- Group folders
- "How Do You Feel Today?" poster
- "What is an Anger Trigger?" poster
- "Facts About Anger Triggers" poster
- 1 "My Anger Triggers" cut-and-paste activity page per student
- 1 set per student of the 18 anger triggers cards
- 1 "What Pushes your Buttons?" worksheet per student
- Scissors
- Glue sticks
- Pencils
- Crayons or markers

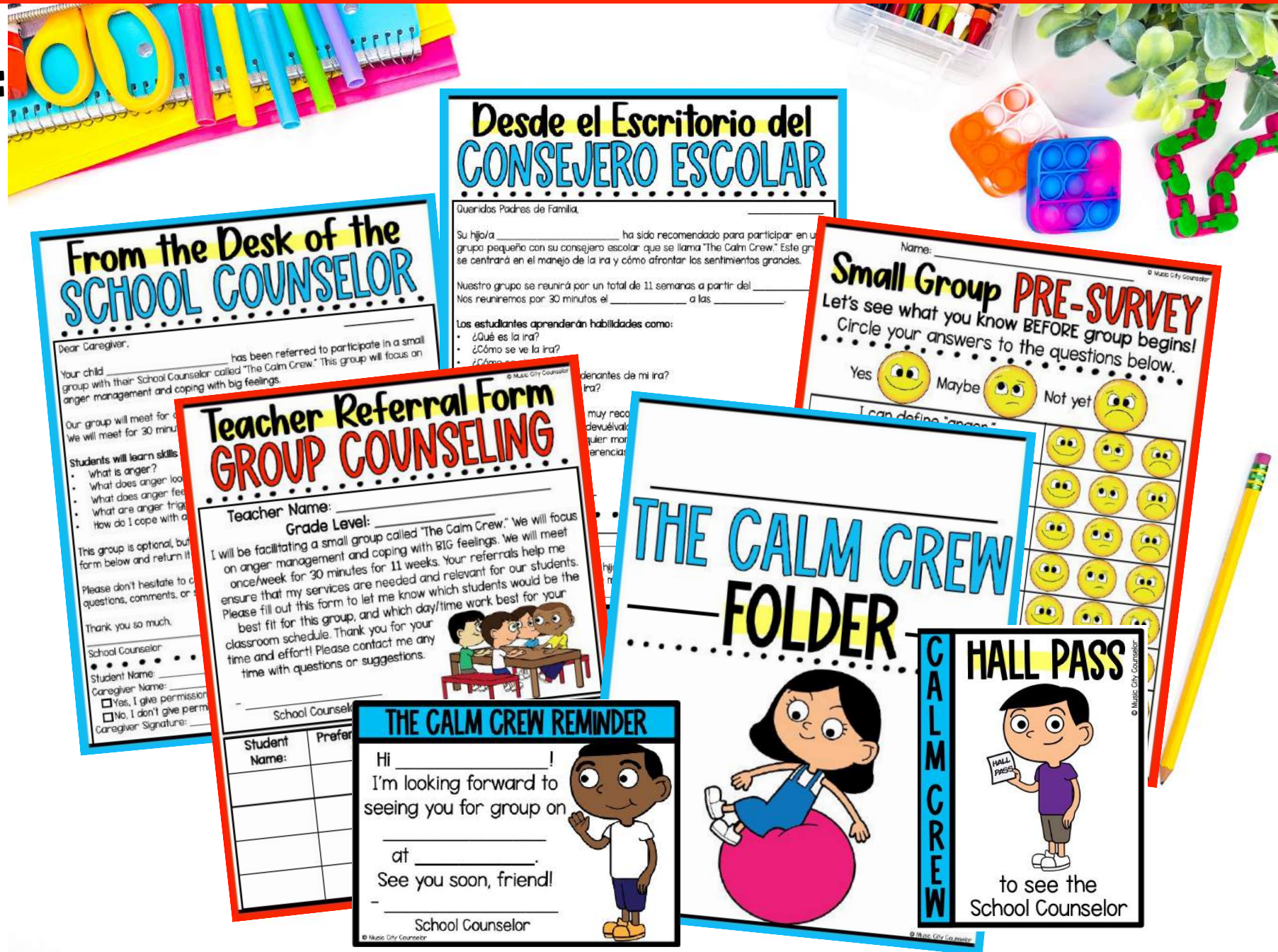
DIRECTIONS:

- You may choose to start each session with the **feelings check-in**.
- Briefly **review** the material learned in group last week.
- **Explain** that today we will learn about "anger triggers" and about people, situations, or problems that "push our buttons."
- **Ask students** if they have heard of an anger trigger, and what they think it might mean.
- Share the **"What is an Anger Trigger?" poster** with students and discuss the definition. Ask them to share examples of common anger triggers or their own triggers.
- Teach students the 4 facts about anger triggers using the **"Facts About Anger Triggers" poster**. Discuss each of the facts.
- Give each student a **"My Anger Triggers" cut-and-paste activity page** and a **set of the 18 anger triggers cards**. Ask students to cut out each card. Review and discuss each card with students. Then, ask them to choose the 6 triggers that bother them the most and glue them onto the blank spaces on the "My Anger Triggers" page. Once they're done, students can share the 6 triggers they chose with the group.
- Give each student a **"What Pushes your Buttons?" worksheet**. Ask students to write and draw about 4 of their anger triggers in the blank spaces. Once they're done, students can share with the group.
- **Close** by sharing that next week we will be talking all about the 5 levels of anger.



GROUP FORMS:

- Teacher Referral Form
- Bilingual Parent Letters
- Pretest
- Posttest
- Alignment to ASCA Mindsets & Behaviors
- Binder cover
- Folder covers
- Hall passes
- Student reminder cards
- Attendance chart
- Group rules
- Confidentiality agreement
- Feelings check-in
- Completion certificates
- EDITABLE versions of all forms
- Versions for all forms for school counselors, school social workers, and school psychologists





How do you FEEL TODAY?

© Music City Counselor

Happy

Embarrassed

Scared

CONFIDENTIALITY Agreement

WHAT YOU SAY IN HERE STAYS IN HERE. UNLESS

SOMEONE IS HURTING YOU

SOMEONE ELSE

YOURSELF

ON TO SHARE

In this Group WE WILL LEARN:

© Music City Counselor

What anger feels like.

What anger looks like.

To identify our anger triggers.

To cope with anger.

OUR GROUP RULES

We listen and pay attention to each other.

We take turns speaking and sharing.

Favorite place

Favorite food

Favorite sport

Favorite activity

Favorite school subject

Favorite song

respect confidentiality.

© Music City Counselor

Lorena J.

Favorite place

Favorite food

Favorite sport

Favorite activity

Favorite school subject

Favorite song

respect confidentiality.

SESSION 1:

Introductions & Icebreakers





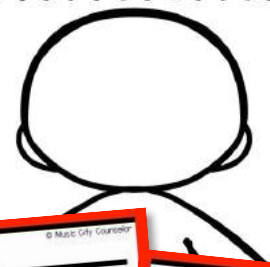
What is ANGER?

A BIG, strong feeling when something doesn't go your way...

Name: _____

MY ANGER Looks Like

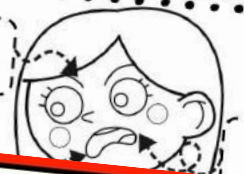
What does anger look like in your body?
Draw and write on the body what your anger looks like.



Name: _____

What does ANGER LOOK LIKE?

Cut and paste the signs of anger.



What Does ANGER LOOK LIKE?

Furrowed eyebrows

Quick, short breaths

Heart racing

Sweaty, clammy hands

Rosy cheeks

Clenched teeth

Sweaty, hot body

Tight fists

Facts About ANGER

We all feel angry sometimes.

It's okay to feel angry. It is a natural emotion.

Different things make different people angry.

Anger can make us act out or make bad choices.

Anger looks different in different people.

It's important to learn how to cope with anger.

- Heart racing
- Tight fists

SESSION 2:

What is Anger & What Does it Look Like?



What is an ANGER TRIGGER?
 Something that causes you to feel angry.

Facts About ANGER TRIGGERS

A sensitive area in our feelings.

A person, problem, or situation that upsets us.

Feels like a "button that gets pushed."

Different things "set off" different people.

Name: _____

My ANGER TRIGGERS
 What pushes your buttons?
 Write and draw about your anger triggers.

ANGER TRIGGERS
 When I'm yelled at.

ANGER TRIGGERS
 When I don't get my way.

ANGER TRIGGERS
 When I get in trouble.

ANGER TRIGGERS
 When I can't be first.

SESSION 4:

What are Anger Triggers?



ANGER TRIGGERS
When I'm told, "No."

ANGER TRIGGERS
When I lose.

ANGER TRIGGERS
When someone lies to me.

Name _____ © Mac City Graphics

My ANGER TRIGGERS

<p>ANGER TRIGGERS When someone won't share.</p>	<p>ANGER TRIGGERS When someone invades my personal space.</p>
<p>ANGER TRIGGERS When someone plays too rough.</p>	
<p>ANGER TRIGGERS When someone hurts me.</p>	

ANGER TRIGGERS
When I can't be first.

ANGER TRIGGERS
When I'm left out.

ANGER TRIGGERS
When I don't understand.

SESSION 4:

What are Anger Triggers?



Name: _____ © Miss City Counsellor

My ANGER VOLCANO

Feels like: _____ Looks like: _____

OUT OF CONTROL 5		
ANGRY 4		
FRUSTRATED 3		
ANNOYED 2		
CALM 1		






Name: _____ © Miss City Counsellor

My ANGER VOLCANO

Feels like: _____ Looks like: _____

OUT OF CONTROL 5		
ANGRY 4		
FRUSTRATED 3		
ANNOYED 2		
CALM 1		

My ANGER VOLCANO

OUT OF CONTROL 5	 <p>I am exploding with BIG feelings I can't control. I may make bad choices or say things I regret.</p>
ANGRY 4	 <p>My heart is beating fast and my hands are in fists. I'm overwhelmed and am starting to lose control.</p>
FRUSTRATED 3	 <p>I feel bothered and upset. My breathing is getting faster. My body is starting to sweat.</p>
ANNOYED 2	 <p>Something is bugging me. I feel irritated. My body is starting to feel tense.</p>
CALM 1	 <p>I am peaceful and relaxed. My body feels comfortable. Everything is okay.</p>

LET'S SHARE!

OUT OF CONTROL 5

what does OUT OF CONTROL look and feel like to you?

LET'S SHARE!

ANGRY 4

what does ANGRY look and feel like to you?

LET'S SHARE!

CALM 1

What does CALM look and feel like to you?

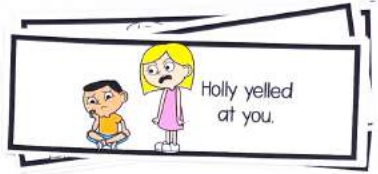
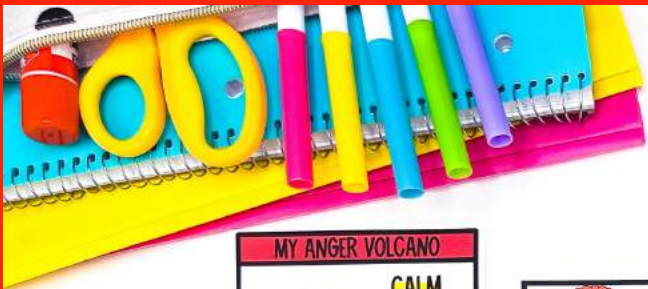
LET'S SHARE!

ANNOYED 2

what does ANNOYED look and feel like to you?

SESSION 5:

The 5 Levels of Anger



MY ANGER VOLCANO

GALM 1

You don't understand the writing assignment.

MY ANGER VOLCANO

ANNOYED 2

The teacher didn't call on you.

MY ANGER VOLCANO

FRUSTRATED 3

Wyatt got in your personal space.

MY ANGER VOLCANO

ANGRY 4

Brianna won't share.

MY ANGER VOLCANO

OUT OF CONTROL 5

Westin pushed you at recess.

Name: _____

My ANGER VOLCANO

I feel...when...

5 OUT OF CONTROL	[Red box]
4 ANGRY	[Purple box]
3 FRUSTRATED	[Yellow box]
2 ANNOYED	[Light yellow box]
1 CALM	[Blue box]

2+2=5
You got the answer wrong.



SESSION 6:

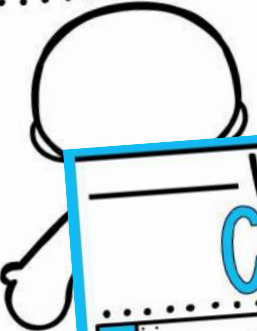
My Anger Volcano



Name: _____

MY CALM Looks Like


What does calm look like in your body?
Draw and write on the body what your calm looks like.



Name: _____

What does CALM LOOK LIKE?

Cut and paste the signs of calm.



Name: _____

What does CALM LOOK LIKE?

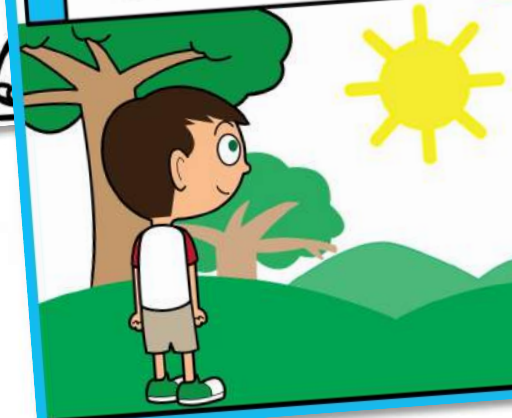
Color the boy and the signs of calm.




- Even, deep breaths
- Content smile
- Steady heart beat
- Comfortable body temperature
- Peaceful feet

What is CALM?

A peaceful and relaxed feeling when everything is okay.



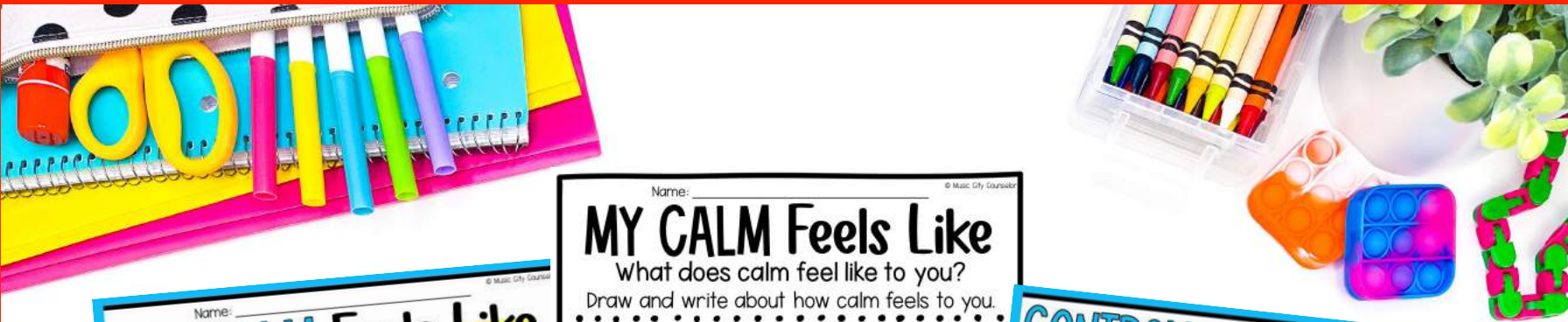
What does CALM LOOK LIKE?



- Even, deep breaths
- Content smile
- Steady heart beat
- Comfortable body temperature
- Peaceful feet
- Loose hands
- Using fidget tools

SESSION 7:

What is Calm & What Does it Look Like?



Name: _____

MY CALM Feels Like

What does calm feel like to you?
Draw and write about how calm feels to you.

.....

.....

.....

Name: _____

MY CALM Feels Like

What does calm feel like to you?
Draw and write about how calm feels to you.

.....

.....

.....

What does CALM FEEL LIKE?

A quiet pond on a sunny day.

A cozy, soft blanket or stuffed animal.

A gentle breeze on the beach.

A warm hug from someone you love.

When Might We FEEL CALM?

SCHEDULE

1. When we have a predictable, structured routine.
2. When we feel safe and supported.

When we are active and exercising.

When we sleep and eat well when our needs are met.

When we spend quality time with family and friends.

When we are outside in nature.

CONTROLLING our ANGER

WHEN WE listen to our bodies

AND understand our triggers.

When we explode!

SESSION 8:

What Does Calm Feel Like?



Facts About COPING SKILLS

Help us control our feelings.

Help us think clear and make good cho

Different people prefer different strat

Use tools

Practice grounding

Take a break

Drink water

What is a COPING SKILL?

Tools and strategies to calm your body and mind.

18 COPING SKILLS

© Masc City Creations

SESSION 9:

Using Coping Skills



COPING SKILLS
Write or journal

COPING SKILLS
Imagine a happy place

COPING SKILLS

Name: _____ © Music City Counselor

My COPING SKILLS

<p>COPING SKILLS</p> <p>Spend time in nature</p>	<p>COPING SKILLS</p> <p>Take deep breaths</p>
<p>COPING SKILLS</p> <p>Draw or paint</p>	<p>COPING SKILLS</p> <p>Go to the Calm Corner</p>
<p>COPING SKILLS</p>	<p>COPING SKILLS</p>

COPING SKILLS
Seek support from friends

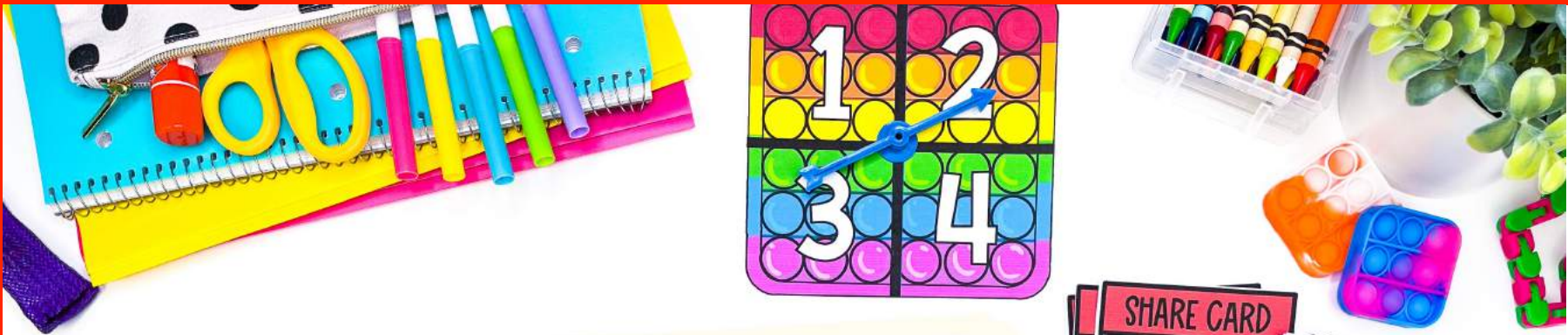
COPING SKILLS
Play with dough

COPING SKILLS
Count to 10.

1 2 3 4 5 6 7 8 9 10

SESSION 9:

Using Coping Skills



Let's Help Timothy

© Music City Learning

TAME HIS TEMPER!

© Music City Learning

Let's Help Timothy and Tame His Temper! are board games with various actions like 'LET'S RELAX', 'KNOWLEDGE', 'LOSE A TURN', 'SHARE', and 'SPIN AGAIN'. The board features colorful illustrations of children and a clock face.

SHARE CARD

Have you ever "exploded" and been out of control? What happened?

Illustration of a boy with a speech bubble saying 'SHARE!' and a boy crying.

RELAX CARD

1 2 3 4 5 6 7 8 9 10 11

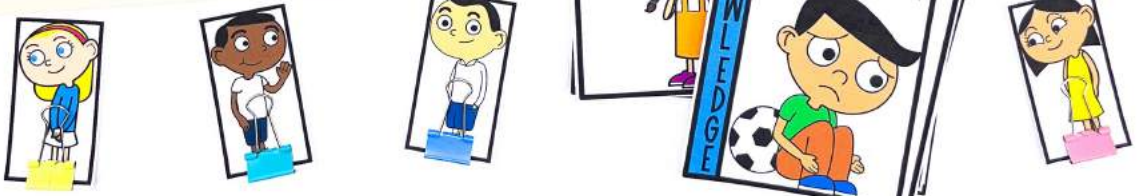
Pretend that you are hugging your favorite stuffed animal. Give it a good squeeze!

Illustration of a boy with a speech bubble saying 'RELAX!' and a girl hugging a teddy bear.

KNOWLEDGE

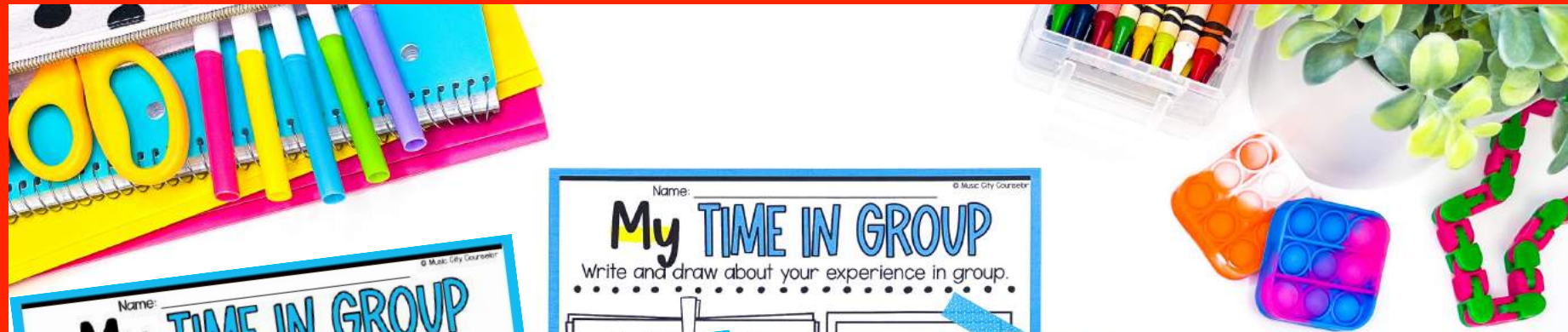
What can happen if we don't learn to control our anger?

Illustration of a girl with a speech bubble and a boy with a soccer ball.



SESSION 10:

Group Review
Folder Game



Name: _____
My TIME IN GROUP
Write and draw about what you learned in group.

School Counselor _____


Name: _____
My TIME IN GROUP
Write and draw about your experience in group.

MY FAVORITE MEMOR IN GROUP

I WILL KEEP PRACTIC

NE THING ABOUT GROUP, IT WO'

CONGRATULATIONS!




You have successfully completed "The Calm Crew" small group!
We are so proud of you!

LET'S SHARE!


What did you learn in group? _____

Date _____



LET'S SHARE!

What was your favorite memory from group?



Name: _____
Small Group POST-SURVEY
Let's see what you learned in group!
Circle your answers to the questions below.

Yes 😊 Maybe 😐 Not yet ☹️

I can define "anger."	😊	😐	☹️
I can describe what anger looks like in my body.	😊	😐	☹️
I can describe what anger feels like in my body and brain.	😊	😐	☹️
I can define "anger triggers."	😊	😐	☹️
I can identify my anger triggers.	😊	😐	☹️
I can define "coping skills."	😊	😐	☹️
I can u _____ practice coping	😊	😐	☹️


LET'S SHARE!

What was your favorite activity from group?



LET'S SHARE!

How are you different because of participating in group?



SESSION II: Group Closure, Posttest, & Reflection

