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Identify the Meaning and Causes of Anger

TRANSITION OBJECTIVE

Students will define and learn synonyms for and causes of anger.

RELEVANCE TO SUCCESSFUL TRANSITION

Anger is a feeling that everyone experiences. This feeling can range from annoyance to rage. It is critical for students to learn how to control their anger and find constructive ways to handle the emotion and energy that results from anger. In this lesson, students will begin to look at what causes feelings of anger.

INSTRUCTIONAL SEQUENCE

❑ STEP 1: Update Journal

I feel angry when . . .

❑ STEP 2: Convene Roundtable

"To me anger means ____."

❑ STEP 3: Advance Organizer

"Today you will learn about anger and identify the causes of anger."

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CAREER MANAGEMENT: Unit 1 LESSON 9

Accused But Not Guilty

Chris is really proud of herself. She has been babysitting and doing extra chores for the last four months to save for the prom. She saved enough to pay for her dress, shoes, purse, hair styling and nails. She even had enough to buy a gift for her boyfriend. She has everything but the dress. She can pick it up when she pays the last \$55.

In the past, Chris occasionally has taken money from her mother's purse. Last year she made up her mind to stop. She knew that it wasn't honest or fair to her mom. Besides, it made her feel really guilty. This caused her to avoid her mom for days.

On New Year's day, three months ago, Chris decided never to take money again. Yesterday, her mother discovered \$50 was missing from her purse.

Her mom was furious and accused Chris of taking the money. She told Chris she wanted to be paid back now. The only money Chris has is the \$55 she saved to pay off her prom dress. The prom is in five days.

Chris knew she would never be able to earn \$50 in the next few days. Chris doesn't know what to do. Her mom doesn't believe that she didn't take the money. This is because she was caught just four months ago taking \$20 out of her mom's purse.

Discussion

- Have you ever been accused of something you did not do? How did you feel?
- How would you feel in this situation?
- How should Chris handle this situation?
- What would you do to solve the problem?

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❑ STEP 4: Activity - 15 Minutes

Read the story **Accused But Not Guilty** aloud as students read with you. Tell them to put themselves in this student's place and think about how they might feel in the same situation. Go over the discussion questions.

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CAREER MANAGEMENT: Unit 1 LESSON 9

ANGER RATING FORM

For each of the following experiences your group will rank them 1, 2, or 3, to show if you would be a little angry (1); pretty angry (2); or very angry (3).

Possible Anger-Causing Experience:	Is It Anger?	Ranking
1. Someone spills a whole drink on you at the restaurant.	Yes / No	1 2 3
2. Your complete lunch tray is knocked out of your hands.	Yes / No	1 2 3
3. You are accused of causing the team to lose the game.	Yes / No	1 2 3
4. Someone calls you a cheater when you really made a top grade.	Yes / No	1 2 3
5. After breaking a date with you, he/she shows up at the party with your best friend.	Yes / No	1 2 3
6. Your parent breaks a promise to let you use the car tonight.	Yes / No	1 2 3
7. Your brother wore your new warm up jacket to swim practice.	Yes / No	1 2 3
8. In front of your new girlfriend, your friend teases you about your new haircut.	Yes / No	1 2 3
9. You are late for work and your ride doesn't show up.	Yes / No	1 2 3
10. You studied hard for the test and your score is the worst yet.	Yes / No	1 2 3

Total: Yes ____ No ____

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❑ STEP 5: Activity - 10 Minutes

In small groups, have students search for definitions of anger by using the Internet, cell phones or other available technology. Point out similarities and differences in all of the definitions. Share personal experiences regarding anger. Next, students find synonyms for anger. To begin, discuss the word rage as an example of a synonym for anger. Other synonyms for anger include ire, fury, indignation, wrath and displeasure.

❑ STEP 6: Activity - 20 Minutes

Using the **Anger Rating Form**, have small groups of students discuss each statement and then mark "yes" if the experience

described in the statement qualifies as an anger-provoking experience and “no” if it is something other than anger. Rank each statement according to the directions. Reinforce listening and non-judgmental communication skills. After 15 minutes, have groups share and summarize. End the discussion by asking students if any of the concepts on the **Anger Rating Form** were similar to bullying (e.g., number 4).

❑ **STEP 7: Evaluate Outcomes**

Another word for anger is “_____.”

❑ **STEP 8: Connecting Activity**

Have students list ten things that make them angry, then rank each item 1, 2 or 3. For example, 1 - a little angry, 2 - pretty angry, 3 - very angry. Students then discuss their list with a friend or family member, asking that person to rank each item.

KEY WORDS

anger

provoke

feelings

revenge

forgive

MATERIALS AND PREPARATION

- Student Handouts: **Accused But Not Guilty**, page 32; **Anger Rating Form**, page 33.
- Prepare to discuss anger.
- Have dictionaries available for definition and synonyms for anger.
- Become familiar with the **Anger Rating Form**.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Writing, Listening, Speaking
- Thinking Skills: Knowing How to Learn, Problem Solving
- Personal Qualities: Self-Esteem, Sociability, Self-Management