

11 Practice Controlling the Physical Reactions to Anger

TRANSITION OBJECTIVE

Students will practice controlling their physical reactions to anger to reduce tension and improve performance.

RELEVANCE TO SUCCESSFUL TRANSITION

Controlling our physical reactions is the first step in controlling our emotions. People who have successfully mastered anger control have a keen awareness of their body's physical reactions to unpleasant situations. They also know how to minimize adrenaline surges by training their bodies to relax before the adrenaline is released.

INSTRUCTIONAL SEQUENCE

□ STEP 1: Update Journal

When I am angry, I want to . . .

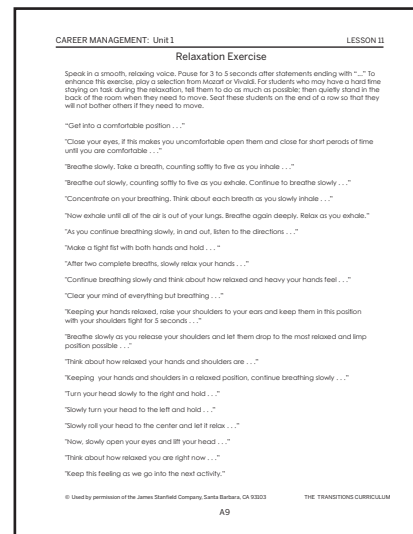
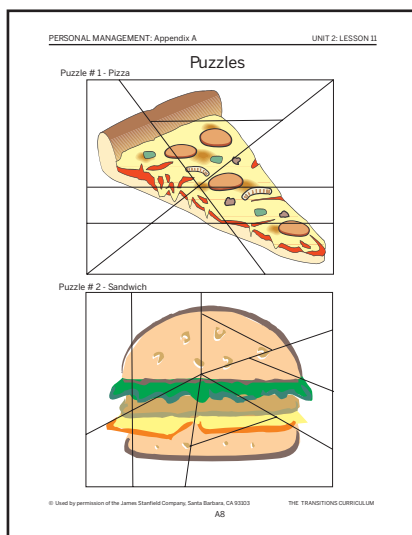
□ STEP 2: Convene Roundtable

"When I'm relaxed, I feel ____."

□ STEP 3: Advance Organizer

"Today we will practice a relaxation exercise to relieve tension and improve our performance."

test that will affect their grade. Tell students this is a hand-eye coordination test. Maintain a stern manner and give each student a set of **Puzzles**. Start with **Puzzle #1 — Pizza** and time students for one minute to complete the puzzle. Starting with 10 pieces and going to 0 pieces, record on the board, the number of pieces each student has left after one minute. Discuss student reactions.



□ STEP 4: Activity - 5 Minutes

To begin this lesson, you will raise students' level of concern and increase their adrenaline reaction by telling them they have a required

□ STEP 5: Activity - 15 Minutes

Review the facts about adrenaline from the last lesson, including causes of adrenaline (anger, fear, testing, public speaking, roller coasters, so forth); physical reactions from

