

THE SCHOOL OF
EMOTIONAL LITERACY
SERIES

Primary
**Anger
Management**
Programme

Elizabeth Morris



Anger Management



Taylor & Francis

Taylor & Francis Group

<http://taylorandfrancis.com>

The School of Emotional Literacy Series

Anger Management

Programme

Elizabeth Morris

Acknowledgements

Grateful thanks go to the editor, Eve Wilson, for her unstinting efforts and practical help in making this programme as user friendly as it is. Her experience has been invaluable. Thanks also to Rachel Carter for her help with the production of this manual.

First published 2002 by Speechmark Publishing Ltd.

Published 2017 by Routledge
2 Park Square, Milton Park, Abingdon, Oxon OX14 4RN
711 Third Avenue, New York, NY 10017, USA

*Routledge is an imprint of the Taylor & Francis Group,
an informa business*

Copyright Elizabeth Morris, 2002

Elizabeth Morris is hereby identified as the author
of this work in accordance with Section 77 of the
Copyright, Designs and Patents Act, 1988.

All rights reserved. No part of this book may be reprinted or reproduced or utilised in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including photocopying and recording, or in any information storage or retrieval system, without permission in writing from the publishers.

Product or corporate names may be trademarks or registered trademarks, and are used only for identification and explanation without intent to infringe.

British Library Cataloguing in Publication Data
A catalogue record for this book is available
from the British Library

ISBN: 9780863887147 (pbk)

Contents

Acknowledgements iv

The Author vii

The Editor viii

Introduction 1

Suggested Ways in Which to Use the Lesson Plans 9

Assessment 12

Lesson 1 *Feelings Focus 1* 13

Introduces a vocabulary of emotions

Lesson 2 *Feelings Focus 2* 25

Explains the six basic emotions

Lesson 3 *Different Kinds of Anger* 31

Develops a vocabulary of anger words

The concept of Emotional Hijack is introduced

Lesson 4 *What I Get Angry About* 37

Identifies personal anger triggers and possible reactions

Lesson 5 *What I Can do When my Anger is Building Up* 43

Techniques to use during the Pre-Hijack stage

Lesson 6 *When I Talk to Myself* 47

The value of positive self-talk

Lesson 7 *Melt Down 1!* 53

What happens during an Emotional Hijack

Lesson 8 *Melt Down 2!* 59

The three stages of an Emotional Hijack

Lesson 9 *After the Storm* 65

Developing empathy

Lesson 10 *Making 'I' Statements* 73

Post-Hijack stage: how to repair the damage

Lesson 11 *Rules for Myself* 79

Pupils write a set of rules for themselves

Bibliography 83

The Author

Dr Elizabeth Morris is Principal of the School of Emotional Literacy in Gloucestershire, UK. She is a psychologist, counsellor and trainer. Elizabeth also established the online Self-Esteem Advisory Service in 1999 in response to the increasing demand for information on this topic. She has developed a Post-Graduate Certificate in Emotional Literacy Development for any professional working with young people or families. The University of Bristol is currently running her programmes on Emotional Intelligence and Self-Motivation, Emotional Coaching, Self-Esteem Building and the Certificate in Emotional Competency.

Elizabeth writes extensively on the subjects of emotional literacy and self-esteem, and their application at home and school. She is frequently interviewed on radio and in the press about her emotional literacy programmes and self-esteem building.

The Editor

Eve Wilson MA, BEd (Hons), Cert Ed has spent 30 years in education, including 10 years as a Primary head teacher. She is a qualified OfSTED inspector and was an accredited trainer for NPQH during its inaugural year. Eve currently works as an educational adviser for Incentive Plus. She also edits and co-writes teachers' resources and writes her own children's stories and songs.

Introduction

Anger Management has become the most requested topic in the series of workshops run by the School of Emotional Literacy. It is closely followed by Behaviour Management, under which, of course, anger management falls. So it is obvious that teachers, parents – and the pupils who are experiencing these emotional hijacks – are all struggling to find ways to cope.

The main focus of this manual is Emotional Literacy as that is the body of information to which we turn for help.

To remind you, Emotional Literacy is the practice of:

- being aware
- understanding
- appropriately expressing
- handling emotional states in ourselves and other people

We are all born with an ability and potential in these areas, and this is our Emotional Intelligence. What we do with this ability and how we use it, is our Emotional Literacy. In other words, it is how we ‘read’ and make sense of the emotional signals and information within ourselves, and those sent from other people.

Emotional Literacy involves using both skills and attitudes.