

Angry - reactive

Concern

Impulsive angry behavior, characterized by fighting, name calling, cursing, throwing things and often showing regret afterwards.

Description

These students are hot tempered. They may hurt someone one minute and regret it the next. Their problem is usually not lack of empathy, but lack of impulse control and the inability to manage feelings, especially frustration and anger.

A common precipitator of this behavior is frustration with the learning process. They may be frustrated by a mandate to learn by reading and listening, especially if their natural learning style is a more experimental one, or they may be struggling with a learning disability, or an attention disorder.

A greater number of boys than girls are represented in this group. One factor is persisting gender socialization that causes some boys to believe the only emotion that is gender appropriate is anger. They may use angry responses to cover fearful or sad ones, as well as when they are genuinely mad. In fact, many youth perpetrators admit their violent actions were prompted by fear, not anger.

Sometimes students react angrily when they experience something that feels unfair. Anger can be a powerful motivator to stand up to injustices. When students can manage their feelings and emotions, as well as have an understanding of how external factors impact their lives - sexism, racism, class bias - students can stay strong and calm in these situations, helping them to stand up for themselves and for others.

Goals of intervention - students will:

- Understand how learning styles affect feelings
- Stop reactions and think through consequences before acting
- Recognize physical cues for feelings
- Identify their feelings by name
- Monitor and control self-talk
- Express problematic feelings in an appropriate way
- Use problem-solving techniques to deal with frustration

A suggested scope and sequence - Teens

Knowing yourself

Learning styles
Stress
Goals
Criticism - dealing with
Communicating feelings
Knowing who you are
Brain

Managing Feelings

Mindfulness
Physical sensations
Triggers - inside
Triggers - outside
Self-talk
Making complaints
External triggers
Expressing feelings
Letting go

Calming down
Anger
Fear
Frustration
Envy
Reactions - stopping
Hitting
Managing feelings
Predicting consequences
Revenge
Empathy
Rude online

Being part of a community

Community
Responsibility
Making an apology
Giving help
Fairness

Resolving conflict
Respect
Justice
Race
Gender
Giving a compliment
Receiving a compliment

Making Decisions

Understanding motives
Problem - naming
Brainstorming
Problem - solving
Evaluating alternatives
Solutions - trying
Decisions
Brain

Standing up for yourself

Assertive voice
Assertive eyes
Assertive message
Assertive posture
Assertive reasons
Needs - stating
Making complaints
Confronting injustice
Standing up for yourself
Racism
Discrimination
Sexism
Dealing with authority

A suggested scope and sequence - Kids

Knowing yourself

Learning styles
Goals
Hard things
Knowing yourself
Brain

Managing Feelings

Managing feelings
Self-awareness
Triggers - catching
Self-talk
Expressing feelings
Letting go
Calming down

Angry
Afraid
Frustrated
Envious
Reactions - controlling
Predicting consequences
Hitting
Pushing and shoving
Empathy

Being part of a community

Responsibility
Apologies

Help - giving it
Fairness
Resolving conflict
Respect
Compliments
Connecting with others

Making Decisions

Problem solving
Problem - naming
Brainstorming options
Options - weighing them
Solutions - testing

Standing up for yourself

Assertive body
Assertive message
Assertive voice
Making a complaint
Discrimination
Standing up
Authority -defying