

## **Standard Three Lesson One: Anger Management**

**Time:** 30-minute class period

**Materials:** Scripture Reference Guide, Invite List

### **Objectives:**

Students will be able to identify invitations to anger.

Students will be able to describe at what point anger becomes destructive.

Students will be able to assess their personal experience with anger.

### **Introductory Activity**

Ask students to think about how often and how much they get angry and rate it on a scale of 1-10. Tell them that when they get angry the brain changes and thinking becomes harder. It takes more effort.

### **Activities**

Give each student an invitation and have him or her read it. Ask the students to stand on one side of the room if they choose to accept the invitation. Have them stand on the other side of the room to indicate that they are turning down the invitation. Ask students to explain why they chose to accept or not accept the invitation they were given.

Explain that, just like we receive invitations for many things in life, we receive invitations to anger every day and can choose to accept those invitations or not. How we choose to accept or handle the invitation can determine whether we are successful in dealing with the situation, or make it worse. Hand out the anger invitations to small groups of students and have them think about what they would do. Brainstorm several ways things one could do. Choose one way that would solve the problem without making it worse. Have groups share the invitation they were given with the class, and the solutions they brainstormed, including the one they chose as most likely to solve the problem.

From the ideas that were shared, come up with some ways to “cool” anger. Make sure students think of things that calm down the body and the angry thinking. Some examples would be: Take a deep, slow breath, relax muscles, run it off, count to ten, walk away, think calm thoughts, pray.

Have students read Proverbs 15:18, Proverbs 26:21 and Proverbs 29:22 and Ephesians 4:26, 27. Discuss the verses and what they say about anger.

Have students memorize the Scripture Memory Verses: **Proverbs 29:22** – An angry man stirs up strife, and a hot-tempered man commits many sins. **Proverbs 15:30** – A cheerful look brings joy to the heart, and good news gives health to the bones.

Review the stories of Saul, Moses and Peter. Ask how each man’s anger caused him to sin.

Have students write compliments on the “Compliment Sheet.”

Cut out invitation slips. Give one to each student.

You are invited to take Mathematics test.	You are invited to take Mathematics test.
You are invited to climb a mountain.	You are invited to climb a mountain.
You are invited to watch your little sister.	You are invited to watch your little sister.
You are invited to sing a solo.	You are invited to sing a solo.
You are invited to clean the school.	You are invited to clean the school.
You are invited to carry your friend's books.	You are invited to carry your friend's books.
You are invited to the festival in town.	You are invited to the festival in town.
You are invited to read a good book.	You are invited to read a good book.
You are invited to enter a poetry contest.	You are invited to enter a poetry contest.
You are invited to draw a picture of a friend.	You are invited to draw a picture of a friend.
You are invited to go to your aunt's home.	You are invited to go to your aunt's home.
You are invited to work in the fields.	You are invited to work in the fields.
You are invited to run 20 kilometers.	You are invited to run 20 kilometers.
You are invited to ride a bicycle.	You are invited to ride a bicycle.
You are invited to have ice cream.	You are invited to have ice cream.
You are invited to clean the house.	You are invited to clean the house.
You are invited to play a musical instrument.	You are invited to play a musical instrument.
You are invited to give a speech.	You are invited to give a speech.
You are invited to play rugby.	You are invited to play rugby.

Cut out anger invitations below and give one to a small group of students. These situations could be responded to with anger. Have groups discuss options for accepting or not accepting the invitation. Ask students to list their options for accepting or rejecting the invitation to get angry.

Two other students have made fun of you every day this week.
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Your little brother keeps taking your toy and hiding it.
You don't understand your Mathematics homework.
Some money you have been saving has been stolen. You think you know who did it.
A friend promised to play with you, and then did not keep their promise.
You were pushed in the hall at school today.
Your parents are too busy to listen when you are trying to talk to them.

## **The Story of Saul**

(From 1 Samuel 18 and 19)

King Saul did not follow God's will and was attacked by an evil spirit. When the evil spirit came upon Saul, he became very angry. David would come to play his harp for Saul to help him become calm in his spirit, but Saul was so angry and jealous, that he threw a spear at David to try to kill him. God protected David and he escaped from Saul.

## **The Story of Peter**

(From Matthew 26)

Peter was with Jesus and the disciples in the Garden of Gethsemane when the servants from the chief priests arrived to arrest Jesus. Peter was angry that they were arresting Jesus and pulled out a sword and cut off the ear of one of the high priests' servants. Jesus said to Peter, "All who draw the sword will die by the sword." Jesus healed the servant's ear as He was being arrested.

## **The Story of Moses**

(From Numbers 20)

The children of Israel were in the wilderness and angry with Moses and Aaron. They were grumbling about not having water. God told Moses to gather the people together, and in their presence, speak to the rock in front of them and water would come out. Moses was angry with the people for their constant mistrust of God, so he struck the rock twice with his staff instead of doing what God had commanded – to speak to the rock. As a result of his angry disobedience, God told Moses that he would not be allowed to go into the Promised Land with the children of Israel.

**Compliment Sheet** - Write a compliment on each happy face.  
**Proverbs 15:30 – A cheerful look brings joy to the heart, and good news gives health to the bones.**

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Compliment to a classmate

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Compliment to a family member

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Compliment to a friend

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Compliment to myself

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