

**Consumer & Life Studies Brunswick School Department**  
**Life Management**  
**Anger Management and Problem Solving**

<b>Essential Understandings</b>	<ul style="list-style-type: none"> <li>▪ Anger is an essential emotion.</li> <li>▪ Anger can be managed.</li> <li>▪ Poor anger management can result in serious consequences.</li> <li>▪ There are steps one can take to successfully solve problems.</li> </ul>
<b>Essential Questions</b>	<ul style="list-style-type: none"> <li>▪ What is the purpose of anger?</li> <li>▪ What is the cost of anger to self and others?</li> <li>▪ When is angry behavior mature or immature, acceptable or unacceptable, appropriate or inappropriate?</li> <li>▪ What are the causes of anger?</li> <li>▪ What defense mechanisms are used in reaction to anger?</li> <li>▪ How can one deal with anger in a constructive manner?</li> <li>▪ How can one effectively solve problems?</li> </ul>
<b>Essential Knowledge</b>	<ul style="list-style-type: none"> <li>▪ Defense mechanisms are common reactions to angry feelings.</li> <li>▪ Ineffective reactions to anger can result in physical and/or psychological health issues.</li> <li>▪ Anger can be expressed in healthy, appropriate ways (i.e., informing, sharing primary feelings, rebuking with love, etc.).</li> <li>▪ Angry feelings may be camouflaged.</li> <li>▪ Feelings can be expressed with “I statements”.</li> <li>▪ Strategies can be applied to solve issues with anger.</li> </ul>
<b>Vocabulary</b>	<ul style="list-style-type: none"> <li>▪ <u>Terms:</u> <ul style="list-style-type: none"> <li>○ vocabulary specific to the physical and psychological ailments caused by anger</li> <li>○ defense mechanisms - transference, forgetting, denial</li> <li>○ camouflaged anger - criticism, silent treatment, passive aggressive</li> </ul> </li> </ul>
<b>Essential Skills</b>	<ul style="list-style-type: none"> <li>▪ Identify signs of anger.</li> <li>▪ Identify the affect of other’s anger.</li> <li>▪ Determine how to react to anger with constructive, appropriate anger management methods.</li> <li>▪ Solve problems effectively.</li> </ul>
<b>Related Maine Learning Results</b>	<p><u>Career and Education Development</u></p> <p>B. Learning About and Exploring Education and Career and Life Roles</p> <p>B2. Skills for Individual/Personal Success in the 21<sup>st</sup> Century</p> <p>Students evaluate strategies to improve skills that lead to lifelong learning and success in the classroom, and the achievement of schoolwork, work and career, and personal life goals.</p> <ol style="list-style-type: none"> <li>a. Literacy skills</li> <li>b. Numeracy</li> <li>c. Critical thinking skills</li> <li>d. Information and communication technology (ICT) skills</li> <li>e. Interpersonal skills</li> <li>f. Other academic skills and knowledge</li> </ol>

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<p align="center"><b>Sample Lessons And Activities</b></p>	<ul style="list-style-type: none"> <li>▪ List observed behaviors and identify as appropriate or inappropriate.</li> <li>▪ Note taking.</li> <li>▪ Class discussions.</li> <li>▪ Application of problem solving steps to anonymous letters.</li> </ul>
<p align="center"><b>Sample Classroom Assessment Methods</b></p>	<ul style="list-style-type: none"> <li>▪ worksheets</li> <li>▪ class participation</li> <li>▪ test over anger and communication skills including “problem solving and “I statements”</li> </ul>
<p align="center"><b>Sample Resources</b></p>	<ul style="list-style-type: none"> <li>▪ <u>Publications:</u> <ul style="list-style-type: none"> <li>○ <u>Finding Freedom From Negative Emotions</u> - Dwight L. Carlson, M.D.</li> </ul> </li> <li>▪ <u>Video:</u> <ul style="list-style-type: none"> <li>○ <u>Maggie’s Secret</u></li> </ul> </li> </ul>