





Bell Ringer



Think about a time recently when you became angry or upset and thought you might lose your cool.

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1. Ask students to read the statement on the screen and think about a time they recently became angry or upset and thought they might lose their cool.
2. Ask them to describe the situation in one or two sentences.
3. Ask one or two student volunteers to share their responses.



“trigger situations”

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MMG101

1. Tell students that we all experience various situations that make us angry. It is important to learn to recognize our own “trigger situations” and how our bodies react when we are angry so that we can respond sensibly.
2. In this module, students will learn to recognize some of their own triggers, review unhealthy responses to anger, and learn steps to take to keep calm.

• *How do emotions affect your body?*

• *What happens in your body when you are angry?*



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MMG101

What Happens When We Are Angry

1. Have a student (or two) read the questions on the screen aloud.
 - *How do emotions affect your body?*
 - *What happens in your body when you are angry?*
2. Have a few students share their responses.
3. After a few students share their answers to these questions, direct the students to Module Reader # 1: *What Happens When We're Angry?* Students read the selection silently, then with a team partner.



1. Direct class to Module Worksheet # 1: *Angry? Don't Make A Wrong Turn!*
2. Students read the selection, discuss it, and then answer the questions individually. Click on the timer icon if you wish to set the online timer for this activity.
3. There is an Online Reinforcement extension activity you can use through remind.com. Visit the module's "Resources" link on the website to download the instructions.