

Consumer & Life Studies
Life Management
Unit 2: Anger Management and Problem Solving

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

Consumer & Life Studies

Life Management

Unit 2: Anger Management and Problem Solving

	f. Other academic skills and knowledge
--	--

Consumer & Life Studies
Life Management
Unit 2: Anger Management and Problem Solving

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