

Figure 6.14: Steps for Teaching Anger Control

Steps	Actions and Considerations
Identify triggers or causes of outbursts.	Are there times of day, certain activities, or any other trends that help you understand the <i>why</i> behind the student’s anger? Transition times, over-stimulation due to activity, or certain environments frequently cause students to lose control of their emotions, which quickly turns to aggression.
Teach students to recognize when, where, and why they are becoming aggressive.	Help students identify their emotion and the cause. This is the first step in learning to self-manage behavior.
Teach self-control strategies. Example: Stop and freeze! When students hear this, they freeze in place and do not move. They learn that they must be still until they have calmed down.	Students of all ages can learn: <ul style="list-style-type: none"> • How to put their hands down • How to stay silent • How to move away • How to walk away Teach students the verbal cues and practice using the strategies when students are calm.
Provide in-the-moment coaching.	Use verbal cues for in-the-moment coaching when students are upset.
Offer acceptable choices.	When students are angry or aggressive, offering two acceptable choices for in-the-moment coaching is sometimes helpful. Example: You can direct a student to “put your hands to your side,” or “walk away and go to the beanbag chair now.”
Create a plan for outbursts.	What will be the procedure if a student becomes aggressive in the classroom or in an open space? You should teach students what to do to create space between themselves and an angry or aggressive student. In order to calmly manage an outburst, have a plan in mind for what you will direct the class to do.
Establish a plan for a calm down and redirection after the event.	Students are learning to manage their own behavior. This takes time. Students should make a plan about how to calm down and how they can respond in the future. This time should be very intentional.