

# Lesson Plan: How to Speak when People Make Us Angry



## Grade Level:

Elementary (1st- 3rd grade)

## Objective:

Students will learn how to manage their emotions and communicate effectively when they are angry. They will practice counting to five, sharing their emotions, and using words to apologize and forgive.

## Materials Needed:

- Book: Professor Kipper Kidd and the Jungle Jumper Jostle
- Whiteboard and markers
- Emotion cards (happy, sad, angry, frustrated, etc.)
- Paper and crayons
- Role-play scenario cards

## Introduction:

- Begin by gathering the students in a circle and introducing the topic of the lesson: how to talk to one another when we are angry.
- Read the book Professor Kipper Kidd and the Jungle Jumper Jostle to the class. Pause at key moments to discuss how the characters feel and what they do to resolve their conflict.



# Lesson Overview



## Body:

### 1. *Discussion:*

- Ask the students how they feel when they get angry. Write their responses on the whiteboard.
- Discuss the importance of managing anger and communicating effectively. Explain that it's okay to feel angry, but it's important to handle it in a way that doesn't hurt others.

### 2. *Counting to Five:*

- Teach the students to count to five when they feel angry. Practice this together as a class.
- Explain that counting to five gives them time to calm down and think before they react.

### 3. *Sharing Emotions:*

- Show the emotion cards and discuss each emotion. Ask students to share a time when they felt each emotion.
- Practice using "I feel" statements. For example, "I feel angry when you take my toy without asking."

### 4. *Apologizing and Forgiving:*

- Discuss the importance of apologizing when we hurt someone and forgiving others when they apologize to us.
- Role-play scenarios where students practice apologizing and forgiving. Use the role-play scenario cards to guide the activity.

## Closure:

1. Review the key points of the lesson: counting to five, sharing emotions, and using words to apologize and forgive.
2. Ask the students to share one thing they learned about handling anger and talking to others.

# Lesson Overview



## Assessment:

- Observe students during the role-play activity to ensure they are using the strategies taught.
- Have students draw a picture of a time they felt angry and how they handled it. Ask them to write a sentence about what they did to resolve the conflict.

## Extension:

- Encourage students to practice these strategies at home and share their experiences in the next class.
- Create a classroom “peace corner” where students can go to calm down and practice counting to five when they feel angry.

## Summary:

In this lesson, students learned how to manage their anger and communicate effectively when they are upset. By counting to five, sharing their emotions, and using words to apologize and forgive, they can resolve conflicts peacefully. The story of *Kipper Kidd and the Jungle Jumper Jostle* provided a relatable example for students to understand and practice these important skills.

