

10 Recognize the Physical Responses to Anger

TRANSITION OBJECTIVE

Students will learn to recognize their physical reactions to anger.

RELEVANCE TO SUCCESSFUL TRANSITION

Everyone experiences anger. In most cases, anger can be avoided by learning to control our thoughts, feelings and body reactions. It is important for students to understand the causes of anger as well as their own physical reaction to anger.

INSTRUCTIONAL SEQUENCE

o STEP 1: Update Journal

I get angry when . . .

o STEP 2: Convene Roundtable

"Sometimes, I feel so angry I could ____."

o STEP 3: Advance Organizer

"Today you will learn how your body reacts when you feel angry."

o STEP 4: Activity - 25 Minutes

Read the following scenario: "You just arrived on campus, 'looking good'. You have in mind a person you want to impress today! As

you notice the person, you wave and walk quickly in that direction. About that time, someone rides a bicycle right between the two of you and splashes muddy water all over you. The chance meeting you planned is missed and you look a mess. The bicycle rider stops and laughs. 'Are you OK?' he asks, roaring in laughter." Ask students the following questions emphasizing their physical responses - not verbal: "Close your eyes and picture yourself in this situation. How do you feel? How would you look? What kind of physical reaction would you have?"

In groups of three, have students complete the worksheet, **Anger Reactions**, as they each share a description of the last time they were very angry. In their description, students should include the situation, who was involved, when and where it occurred, how they felt, how they physically reacted and the result of the situation.

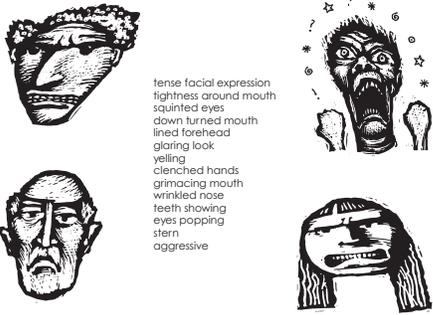
o STEP 5: Activity - 15 Minutes

Explain, "Everyone reacts differently when angry. Think of the last time you really were upset about something. Did you feel something physically happening to your body? How did you feel physically? Did you have such reactions as fast heartbeat, cold sweat, flushed face, nervous, shaky, breathless, tense? These reactions are the body's response to something sudden and unexpected. Other things can cause these reactions, such as an accident, a roller coaster ride, or speaking in front of people."

34 CAREER MANAGEMENT: Unit 1 LESSON 10

Anger Reactions

The faces below show anger. Find the physical reactions from the list and match them to the faces. Draw a line from each item on the list to point at the facial expressions that illustrate that reaction.



- tense facial expression
- tightness around mouth
- squinted eyes
- down turned mouth
- lined forehead
- glaring look
- yelling
- clenched hands
- grimacing mouth
- wrinkled nose
- teeth showing
- eyes popping
- stern
- aggressive

Describe a time that you were very angry:
What was the situation?
Who was involved?
When and where did this occur?
How did you physically react?
What happened to end your anger?

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34

35
CAREER MANAGEMENT: Unit 1
LESSON 10



Adrenaline



- Adrenaline causes a surge of energy when it is released in our body.
- When we are happy, it will create positive energy such as talking fast, laughing, dancing, and singing.
- When we are angry, it can cause negative energy such as yelling, screaming, violence, crying, saying things we regret.
- Adrenaline used to be a protection for humans. When in danger, our bodies would release adrenaline. This would give us the quick energy we needed to run fast.
- When adrenaline is released because of anger or fear, our thinking process is blocked. It may cause us to act impulsively. We may do or say things we will regret.
- We have time to prevent the surge of adrenaline energy before it happens. Science tells us that we have a small amount of time between an event and the release of adrenaline (20-30 seconds).
- This is our chance to keep our control and our personal power. The best way to do this is through deep breathing and relaxation.



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35

Tell students that their physical reactions can be controlled. Ask students to think of times they have controlled their physical reactions. Encourage examples, such as amusement park rides, sports activities, speaking in front of the class and being afraid. Now explain that this physical reaction is caused by adrenaline. Go over the handout, **Adrenaline**, using a screen image.

o STEP 6: Evaluate Outcomes

A way I react when I'm angry is "_____."

o STEP 7: Connecting Activity

Describe a movie scene in which the characters react physically to anger and how they handled the situation. Do you agree or disagree with their reactions? How would you have reacted in the same situation? Caution students to make age appropriate movie selections.

Optional: have students find online links about adrenaline and bring 3 facts to share with the class.

KEY WORDS

anger reaction relaxation adrenaline control

MATERIALS AND PREPARATION

- Student Handouts: **Anger Reactions**, page 34; **Adrenaline**, page 35.
- Prepare a screen image for **Anger Reactions**.
- Prepare to talk about the physical reactions to anger.
- Prepare to discuss adrenaline.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Listening, Speaking
- Thinking Skills: Knowing How to Learn
- Personal Qualities: Sociability, Self-Management

Notes
