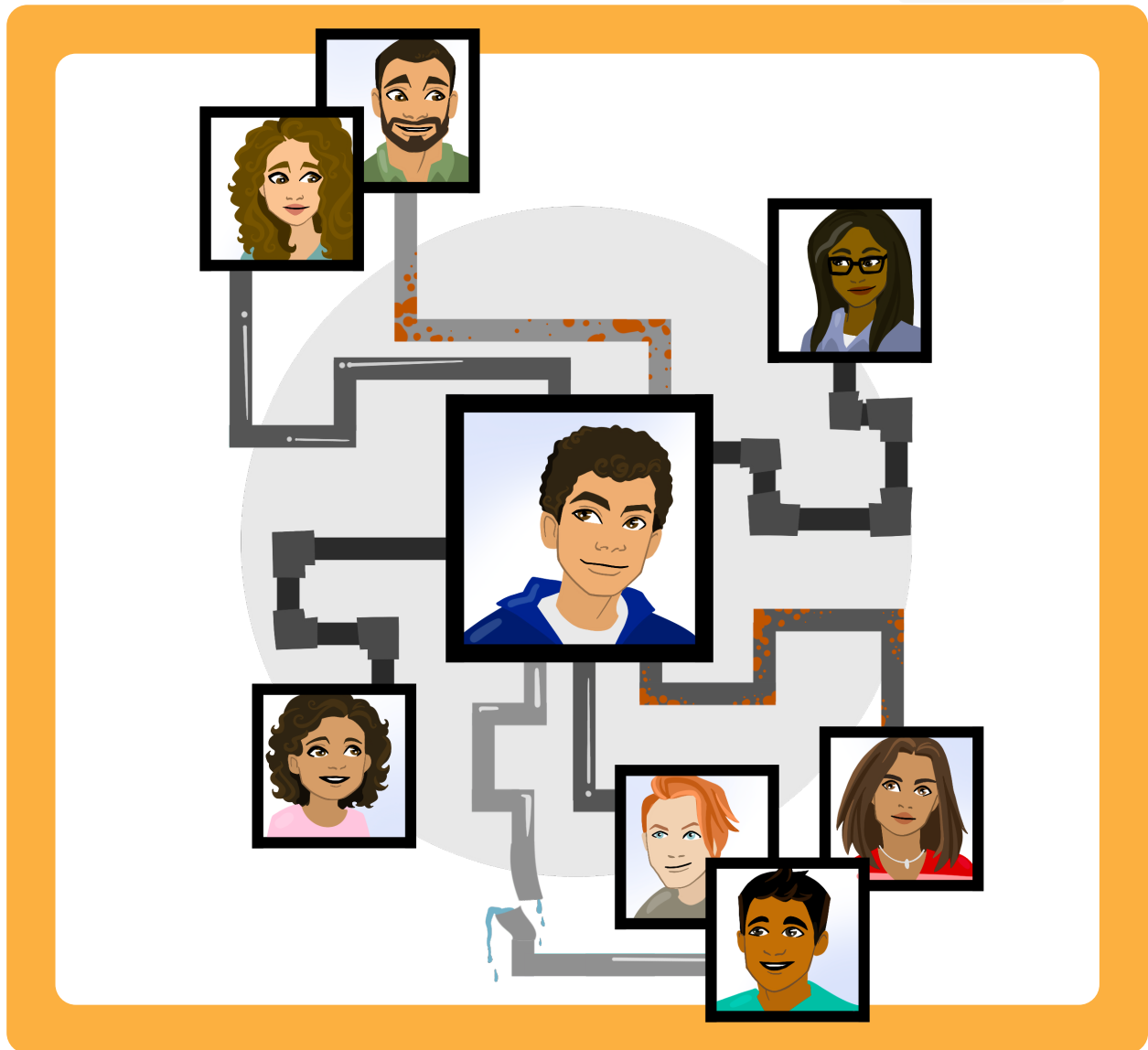


Early Intervention

For 5th-6th Grade

# Understanding Anger



eLearning CBT Course



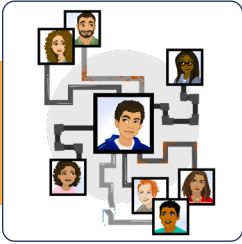
education  
lifeskills



## EARLY INTERVENTION COURSE (SCH 252)

# Understanding Anger

FOR 5TH-6TH GRADE



## COURSE DESCRIPTION

The *Understanding Anger* Early Intervention course is designed to help students navigate peer-to-peer conflicts. The focus of this course is to help students identify their sources of anger and to develop skills for avoiding it altogether. Students will learn the difference between primary and secondary emotions and the role they play in manifestations of anger.



## LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Identify the sources of anger
- Develop effective impulse control skills
- Increase Self-awareness and Responsibility for managing personal levels of anger
- Develop understanding on how to change and improve behavior



## RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a parent or mentor.
- **Group**—To be completed at school in a group format with a facilitator.
- **Hybrid**—A combination of self directed learning and group instruction.
- **Blended Learning**—A combination of online and offline curriculum



## COURSE INFORMATION

Author and Publisher: ACCI Lifeskills  
 Course Format: eLearning  
 Item Number: SCH 252  
 eLearning Length: 46 Slides  
 Scientific Model: Cognitive Restructuring



## STANDARDS MET

MTSS Tier 2  
 Social and Emotional Learning  
 Restorative Practices



## eLEARNING ACTIVITIES

- Narration
- Story Telling
- Animation
- Gamification
- Animated Thoughts
- Self Assessments
- Interactive Images



## PURCHASE OPTIONS

- License to reprint
- Purchase individual courses
- Parent Enrollment
- Customized eLearning platform
- School Referral

*Keep your temper - giving in to anger is giving up control.*