

BRIEF INTERVENTION COURSE (BIC 314)

Understanding Anger

COURSE DESCRIPTION

The *Understanding Anger* Brief 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 coach 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.
- Live Instruction—Facilitator led digital curriculum, suitable for both in class or virtual.

COURSE INFORMATION

Author and Publisher: ACCI Lifeskills
Course Format: eLearning
Item Number: BIC 314
eLearning Length: 51 Slides
Scientific Model: Cognitive Restructuring

STANDARDS MET

MTSS Tier 2

PBIS

Restorative Practices

Evidence-based 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.