

Anger Management Prompts for Teachers

Try the following statements when you are asking your students to manage their anger (*Remember—coach, don't rescue*):

- I want you to relax and be calm.
- Remove any distractions (put technology away and anything that may distract you.)
- Listen to _____ and it is important not to interrupt and not to blame.
- Look at _____ and use appropriate body language and facial expressions please. I will always be the same with you.
- Listen to learn and to understand, not to respond.
- When it is your turn to respond, use 'I' statements. I hear you say..... I would like you clarify.....I don't understand.....I was angry when youI really felt that you.....
- Dialogue suggestions: *Describe the situation... What is the main issue for you.. Tell me more about...What could you do to improve...(Judge the action, not the student.*

(You may wish to use a talking stick (or object) pass it to the speaker when it is their turn to talk and nobody else talks when an individual has the object.)