



Transforming Anger to Personal Power: An Anger Management Curriculum for Grades 6-12

By Susan Gingras Fitzell

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This user-friendly resource provides educators and mental health professionals with a unique approach for teaching anger management to middle and high school students. It can be used with an entire class or in small group settings. The approach is not about adults trying to fix youth, telling them how to live, or showing them that adults know better. It is to help students realize that they have the power to take control of their lives and emotions and choose healthy responses to anger. Through engaging lessons, students learn to use empowering language, to take responsibility for their behavior, and to understand the social, cultural, and personal influences that shape their thinking. Appendices include a reproducible pre/posttest and sample charts illustrating important points in the lessons. The program draws from several bodies of knowledge including cognitive intervention techniques, Eastern philosophy, brain research theories, and educational psychology.

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Editorial Review

Review

Developed as an alternative to out-of-school suspension, this program consists of eight lesson plans for helping students take control of their lives and choose healthier responses to anger. Each lesson provides reproducible charts that illustrate the concepts under discussion, a procedure for leading the discussion, and a group activity. --Research Book News

Fitzell's book focused purely on anger management and if you are working with students in grade 6-12 with anger issues, this is a great resource. Again, it is designed to be a program or group to be completed in 8 sessions; however, it also lends itself to handouts for individual students or group activities where anger may be a focus for a few sessions or a few weeks of advisory activities. At times, I found it difficult to determine which of the great sessions I would use. --Kim Lavoie, New Hampshire School Counselor Association Newsletter

About the Author

Susan Gingras Fitzell, M.Ed., has over two decades of experience meeting the needs of youth with special needs and those who are coping with behavioral and anger management issues and bullying. She is the author of a number of books that focus on building caring, inclusive school communities and helping students and teachers succeed in the inclusive classroom. A dynamic, nationally recognized presenter and educational consultant, Susan provides practical strategies to increase the achievement of all students in all classrooms.

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