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| **COURSE PLAN**LESSON/OBJECTIVE: ANGER-HOME ECONOMICS COURSE Duration: 2 teaching hours |
| **Subject/****Name of teaching part** | Personal progress and encouragementEmotional education and progress of special abilities and communication | *ΤΑΞΗ:* | 1st Grade of Middle school |
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| ***Course Objectives*** |
| *Α. According to the subject matter* | * Clarify the association between feelings and behavior.
* Delineate and apply stress-handling techniques.
* Delineate behaviors which show empathy
* Analyze the factors which affect relationship
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| *Β. According to the use of new technologies* | Students are expected to: Familiarize themselves with Youtube. |
| *Γ. The learning process* | Students are expected to:* Demonstrate ways of efficient communication
* Calculate skills of dealing and decision
* Propose and apply ways of conflict
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| ***Class Organization*** |
| **PUTTING DESKS PER TEAM*** Learning with interaction
* Great amount of participating in the classroom
* By-Learning communication

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| ***Tools and Software used*** |
|  Computer, projector  |
| **PHASES-STEPS** |
| 1. INTRODUCTION- (preparation/ brief introduction/to stimulate the students interest)
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| Students and teacher make a circle. The teacher holds a small ball. One by other throw the small ball to another person, saying “Iam angry when…” Everybody should take the small ball at least a time. This activity has a good to set the feeling “anger” and the factors which cause it. Then the teachers throws again the small ball to the students asking them to complete the phrases: “I was angry when my friend…” and “ Iwas angry when a citizen member of my family…”Then, there is a discussion about:* What anger is
* What anger causes
* How I can control anger
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| 1. DETAILED PRESENTATION
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|  **Excersise sheet** **Part 1*** **A classmate of yours gossips you to your friends**

1**.** Which are the feelings which would you feel in this case?2. How would you react firstly?3.How would you react as long as you calmed down?     |
| 1. GUIDANCE PRACTICE/TRAINING
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|  **Part 2*** **The teacher made public my fail to the test**

 1**.** Which are the feelings which would you feel in this case? 2. How would you react firstly?3.How would you react as long as you calmed down?**COLLECTIVE PROJECT-HANDLING ANGER****Techniques of reducing anger**1. **STOP**
* Go away of things which cause you anger and try to calm down
* C:\Documents and Settings\Michalis\My Documents\My Pictures\anger management\134967320053467427_dWr50CZW_b.jpgBreathe 1 or 2 times and count down by 10 to 1
1. **THINK**
* Tell how you feel when somebody disturbs you
* Accept the other’s differences
* Point to advantages and disadvantages
* Think of different solutions
1. **DO**
* Apply the best solution for example hear the other carefully, respect him, discuss, demand your rights but you should also consider the other’s rights and if it is necessary ask for a third-person intervention.
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|  4.CLOSING AND RESTATING WHAT HAS BEEN LEARNED |
|  ***HANDLING ANGER- HOW WILL YOU BEAT ANGER***<https://www.youtube.com/watch?v=k_7t_kjmyUg> PRACTISE WITHOUT GUIDANCE   **Part 3*** **Your family needs to move to another city and you must say farewell to your friends**

1**.** Which are the feelings which would you feel in this case? 2. How would you react firstly? 3. How would you react as long as you calmed down? |
|  ***ADDITIONAL NOTES*** |
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| ***For Special Educational Needs*** *(change teaching methods based on the learning needs of each individual student with SEN)* | Teaching of Sentimental intelligence to SEN students |
|  ***HOMEWORK/WRITTEN PRODUCTION*** |
| 1. Team up with others to make a poster themed on ‘Handling anger”
2. Paint yourself or another person when you feel angry and paint near how can this anger be faced.
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\*the structure of the lesson plan is based on the “Hunter method”

 Notes have been taken by Helen Tsiakli, Despo Loizou