

ANGER-CONTROL ROLE-PLAYS

Cute the role-plays apart. Reproduce the *Anger-Control Activity Sheet*. Assign students to play the parts of each character in the role-plays. Give each student one activity sheet for each role-play. Have the students enact each role-play as it is written, reacting the way more people would. Then have the students complete the *Anger-Control Activity Sheet* for that role-play. Finally, have the students reenact each role-play using the anger-control techniques suggested by the students on their activity sheets.

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| <p>ROLE-PLAY 1</p> <p>Actors: Sara, Rachel, Elisha</p> <p>Sara, Rachel, and Elishia are friends. Sara has recently had a hair cut which turned-out terribly. Rachel and Elishia are teasing her.</p> | <p>ROLE-PLAY 4</p> <p>Actors: Liz, Kim, three other girls</p> <p>Liz is the most popular cheerleader. She is having a party after the Homecoming football game. She invited all the cheerleaders except Kim.</p> |
| <p>ROLE-PLAY 2</p> <p>Actors: Tisha, Brent</p> <p>Tisha is coming back from the drinking fountain. She sees Brent going through her book bag. When she looks in her bag, Tisha sees that her research paper is torn and her books are scribbled-on.</p> | <p>ROLE-PLAY 5</p> <p>Actors: Jeff, Ethan</p> <p>“Out of my way.” says Jeff, as he shoves Ethan into the lockers. “Who do you think you're messing with?” answers Ethan. “You want to make something of it?” Jeff threatens.</p> |
| <p>ROLE-PLAY 3</p> <p>Actors: John, Rasheed, John’s Mom</p> <p>John and Rasheed are going to play basketball after school. John tells Rasheed that he has too much homework, so he has to go home and study. Later, Rasheed decides to call John to see if he has finished his work. John’s mother answers the phone. She says John went out with Ben.</p> | <p>ROLE-PLAY 6</p> <p>Actors: Sue, Jen, Beth</p> <p>Sue is walking into study hall. She is about to sit down at a research table when Jen sneers, “You smell something?” Then Beth chimes in, “It’s Smelly Sue. She’s never heard of soap.” The other girls continue harassing her, whispering so that the teacher won’t hear.</p> |

ANGER-CONTROL ACTIVITY SHEET

ROLE-PLAY # _____

If you were the person in this role-play, how would you feel?

What do you think a person might do when this happens?

What do you think a person should do when this happens?
