



# **Crucial Skills: An Anger Management and Problem Solving Teaching Programme for High School Students (Lucky Duck Books)**

*Penny Johnson, Tina Rae*

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## **Crucial Skills: An Anger Management and Problem Solving Teaching Programme for High School Students (Lucky Duck Books) Penny Johnson, Tina Rae**

This programme is aimed at students (aged 11 to 16) with challenging and angry behaviours leading to disaffection and disciplinary problems. The handbook includes teacher notes, lesson plans and photocopiable resources.

The 10 lessons and follow up work empower students to:

" reflect on behaviour and consequences

" recognise and understand feelings

" develop strategies to control angry outbursts

" respond to conflict without anger

" resolve relationship difficulties.

The programme promotes self-belief in students that they can effect change in their behaviour and achieve a positive outcome to reduce the risk of exclusion.

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