



Seeing Red: An Anger Management and Peacemaking Curriculum for Kids

Jennifer Simmonds

Download now

[Click here](#) if your download doesn't start automatically

Seeing Red: An Anger Management and Peacemaking Curriculum for Kids

Jennifer Simmonds

Seeing Red: An Anger Management and Peacemaking Curriculum for Kids Jennifer Simmonds

Seeing Red is a curriculum designed to help elementary and middle school-aged students better understand their anger so they can make healthy and successful choices and build strong relationships. Overall, it aims for participants to realize that they can control their behavior and develop practical skills and strategies to manage their feelings which, in turn, will increase their self-esteem. These objectives are achieved through role playing common situations, identifying associated feelings, problem solving, recognizing negative behaviors and anticipating consequences.

Uniquely designed for small groups of willing participants, *Seeing Red* enables participants to learn from and empower each other. This group process helps participants build upon other important developmental skills as well: leadership skills (taking initiative, presenting in front of the group, offering ideas), social skills (taking turns, cooperating, active listening) and building self-esteem (positive feedback from peers, problem solving, empowering the group) all of which are integrated into the curriculum.

The book describes its key concepts (including identifying triggers of anger, taking responsibility for mistakes, identifying healthy ways to avoid losing control, and discerning provocation), and key activities (including stating feelings, learning steps to control anger and exploring the consequences of choices). Each session includes objectives for that particular lesson, a list of supplies needed for its activities, a description of tasks to do before the lesson, background notes to the leader, a warm-up activity at the start, an explanation of the various learning activities, and a closing activity.

Jennifer Simmonds works with the Family and Children's Service in Minneapolis, Minnesota, as a Training and Curriculum Development specialist. She holds a Masters of Education in Youth Development Leadership, and has facilitated hundreds of educational and support groups as well as workshops on peacemaking and conflict resolution for staff, parents, children and classrooms of students.



[Download Seeing Red: An Anger Management and Peacemaking Curricu ...pdf](#)



[Read Online Seeing Red: An Anger Management and Peacemaking Curri ...pdf](#)

Download and Read Free Online Seeing Red: An Anger Management and Peacemaking Curriculum for Kids Jennifer Simmonds

Download and Read Free Online Seeing Red: An Anger Management and Peacemaking Curriculum for Kids Jennifer Simmonds

From reader reviews:

Nancy Lord:

The reason why? Because this Seeing Red: An Anger Management and Peacemaking Curriculum for Kids is an unordinary book that the inside of the e-book waiting for you to snap this but latter it will jolt you with the secret the idea inside. Reading this book beside it was fantastic author who also write the book in such remarkable way makes the content within easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you because of not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of positive aspects than the other book have such as help improving your expertise and your critical thinking approach. So , still want to delay having that book? If I were being you I will go to the reserve store hurriedly.

Ruth Frye:

Seeing Red: An Anger Management and Peacemaking Curriculum for Kids can be one of your beginner books that are good idea. We recommend that straight away because this publication has good vocabulary that can increase your knowledge in vocab, easy to understand, bit entertaining but delivering the information. The article writer giving his/her effort that will put every word into delight arrangement in writing Seeing Red: An Anger Management and Peacemaking Curriculum for Kids but doesn't forget the main level, giving the reader the hottest in addition to based confirm resource information that maybe you can be one among it. This great information could drawn you into fresh stage of crucial considering.

James Hibner:

This Seeing Red: An Anger Management and Peacemaking Curriculum for Kids is great book for you because the content which is full of information for you who have always deal with world and still have to make decision every minute. This specific book reveal it info accurately using great coordinate word or we can point out no rambling sentences included. So if you are read the item hurriedly you can have whole details in it. Doesn't mean it only gives you straight forward sentences but tricky core information with lovely delivering sentences. Having Seeing Red: An Anger Management and Peacemaking Curriculum for Kids in your hand like getting the world in your arm, data in it is not ridiculous 1. We can say that no publication that offer you world in ten or fifteen second right but this reserve already do that. So , it is good reading book. Hi Mr. and Mrs. stressful do you still doubt which?

Robert Alston:

Don't be worry when you are afraid that this book will filled the space in your house, you can have it in e-book way, more simple and reachable. This particular Seeing Red: An Anger Management and Peacemaking Curriculum for Kids can give you a lot of pals because by you looking at this one book you have issue that they don't and make an individual more like an interesting person. This kind of book can be one of a step for you to get success. This publication offer you information that might be your friend doesn't recognize, by

knowing more than other make you to be great individuals. So , why hesitate? We need to have Seeing Red: An Anger Management and Peacemaking Curriculum for Kids.

**Download and Read Online Seeing Red: An Anger Management and Peacemaking Curriculum for Kids Jennifer Simmonds
#JAZCMD6BUSO**

Read Seeing Red: An Anger Management and Peacemaking Curriculum for Kids by Jennifer Simmonds for online ebook

Seeing Red: An Anger Management and Peacemaking Curriculum for Kids by Jennifer Simmonds Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Seeing Red: An Anger Management and Peacemaking Curriculum for Kids by Jennifer Simmonds books to read online.

Online Seeing Red: An Anger Management and Peacemaking Curriculum for Kids by Jennifer Simmonds ebook PDF download

Seeing Red: An Anger Management and Peacemaking Curriculum for Kids by Jennifer Simmonds Doc

Seeing Red: An Anger Management and Peacemaking Curriculum for Kids by Jennifer Simmonds Mobipocket

Seeing Red: An Anger Management and Peacemaking Curriculum for Kids by Jennifer Simmonds EPub