

## ANGER MANAGEMENT RUBRIC

	COMMENDABLE	ACCEPTABLE	FAILURE
CHART			
	*Participates in discussion fully and controls behavior during discussion	* Participates in discussion somewhat and controls behavior during discussion	* Elects to not participate during discussion and or fails to control behavior
	* Volunteers to give input of a situation that has caused anger and offers feedback to classmates who share their situations.	* Volunteers to give input of a situation that has caused anger OR offers feedback to classmates who share their situations	* Fails to give input of a situation that has caused anger and fails to offer feedback to classmates who share their situations.
	* Offers constructive alternatives to getting angry after listening patiently to situation being described by classmates.	* Controls emotion, anger and acting-out tendencies during discussions by listening to the constructive alternatives.	* Acts out. Fails to control behavior and causes class disruption by not listening to the constructive alternatives.
	* Completes handout to the best of his ability.	*Completes handout somewhat or partially	* Destroys handout or refuses to answer the questions

# Handout

- **When was the last time you were angry?**

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- **What happened that caused you to be angry?**

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- **Was anyone else involved in making you angry?**

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- **What were your thoughts at the time you became angry?**

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- **How did you handle your anger?**

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- **True or False?**

\_\_\_\_\_ **The classroom is a place to go to so that you can develop social skills and knowledge related to a specific subjects.**

\_\_\_\_\_ **The classroom is the place to go when you want to be alone.**