

# How To Use This Book

## *Before You Begin*

This book is composed of six chapters and divided into two parts. Part I is designed for use in grades PK-2. Part II is designed for use in grades 2-6. During the first half of the school year, games from Part I (PK-2) can be used with 2nd graders. During the second half of the school year, games from Part II (2-6) can be used with 2nd graders. Part I and Part II are each divided into the following three chapters:

**Respect:** Games in the Respect sections concentrate on anti-bullying, getting along with others, conflict resolution, tattling, teamwork, and safety.

**Reflection:** Games in the Reflection sections concentrate on self-esteem, positive communication, understanding and communicating feelings, anger control, and social skills.

**Responsibility:** Games in the Responsibility sections concentrate on goal setting, study skills, and career information.

## *How to Play*

The required materials are listed for each game. Most materials are simple household items and should be easy to obtain. Game set-up is designed to be quick and easy. Pre-Game Directions include questions and discussion to help prepare students for the game. The Follow-Up sections include additional activities, game variations, and discussion questions which can be done immediately following the game or at a later date.

## *Time Needed*

Each game is designed to last approximately 30 minutes.

## *Warm-Ups*

I suggest doing a warm-up activity such as a simple stretch or a few jumping jacks. Sometimes, I even throw in a yoga or a dance move! Warm-ups help students transition from their previous activities to the classroom guidance lesson. It can also be helpful for you and meaningful to students if you practice everyone's names before beginning the lesson.

## *Classroom Control*

Due to the energetic, competitive nature of games, it can be challenging to maintain classroom control. I have found that starting the game with a bank of a few points and deducting points or skipping a team's turn for loud, unruly, or unsportsmanlike behaviors helps keep the volume down and the attitudes positive.

## *Rewards*

I have not found it to be beneficial to give rewards to the winning teams. I believe that too much emphasis on the "winners" takes away from the fun and the teaching of the games. At the end of a game, I usually tell the winning team to give themselves a silent hurrah. I usually tell the teams that did not win to give themselves a pat on the back. I spend very little time focusing on the actual winner of the game. However, I do believe that it is important to emphasize good sportsmanship in the games. Small tokens, stickers, or candy can be given to all students who work hard, work together, and are supportive of their classmates.

## *Letters to Parents/Guardians*

This book contains a letter to parents or guardians about each of the fifty games. After completing a classroom guidance lesson, the letter can be sent home with the students. The letters provide parents/guardians with a brief summary of the classroom guidance game as well as tips on how to encourage their children at home.

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## Game #12

### Grade Levels

PK - 2

### Materials

Three Hula Hoops

One Small Beanbag

Copy of the Beanbag Toss  
Cards (pp.59-60)

### Time Needed

Approximately 30 minutes

### Skills Covered

Anger Control

Appropriate Ways to Deal With  
Anger

# Anger Control Beanbag Toss

### Introduction

This game is a great way for students to demonstrate their knowledge of appropriate ways to control their anger while engaging in a game of beanbag toss!

### Pre-Game Directions

1. Copy and cut out Beanbag Toss Cards.
2. Mark a place for the students to stand when tossing the beanbag.
3. Place the first hula hoop about two feet away from the marker where the students will stand. Mark this hula hoop #1.
4. Place the second hula hoop about four feet away from the marker where the students will stand. Mark this hula hoop #2.
5. Place the third hula hoop about six feet away from the marker where the students will stand. Mark this hula hoop #3.
6. Ask the class about appropriate ways to deal with anger. Ask them to give examples of times they have dealt appropriately with anger.
7. Help the class think of many ways to deal with anger such as: talking to your parent/guardian, asking someone for help, taking a break, playing outside, playing a game, or talking to one of your friends.

### Game Directions

1. Divide the class into two teams.
2. Each student will have a turn to pick a Beanbag Toss Card. The Beanbag Toss Cards depict scenarios where someone is angry. In order to get one point, the student needs to think of an appropriate way to deal with the anger.
3. The student has the opportunity to earn additional points by tossing the beanbag into one of the hula hoops. Hula Hoop #1 earns one additional point. Hula Hoop #2 earns two additional points. Hula Hoop #3 earns three additional points.
4. Teams compete against each other for points. The team with the most points wins the game!

### Game Variation

Game can be played as described above, but students must describe an actual or fictional time that they felt anger and an appropriate way that they handled the anger.

## Beanbag Toss Cards

*Chelsea is frustrated because she cannot understand her math homework.*

*Noah is upset because his brother is not sharing the computer.*

*Stella is mad because someone keeps poking her in the head on the bus.*

*Lin is upset because Tyler keeps copying her classwork.*

*Taylor is mad because no one will play with her at recess.*

*Carlos is in a bad mood because he is worried about the note his teacher sent home to his parents.*

*Yvonne is mad because she does not like doing homework.*

*Mya is mad because her mom punished her for disobeying.*

*Elijah is embarrassed because his friends made fun of his shoes.*

*Rita is mad because Charlotte would not sit beside her on the bus.*

*Delisha is mad because Avery said she would not invite her to her birthday party.*

*Maria is in a bad mood because she is worried about her science test.*

*Destiny is mad because her mom makes her wear her glasses to school.*

*Terrence is upset because he thinks his teacher does not like him.*

*Anthony is mad because his friends made fun of him.*

Dear Parents/Guardians,

Today, your child participated in a classroom guidance game entitled, "Anger Control Beanbag Toss." The objective of this game was to encourage student to control their anger. We discussed many different ways to release anger appropriately such as going outside, reading a book, taking a rest, talking to someone, and playing a game.

In this game, students competed on two teams. Players picked cards that described situations that often cause anger. In order to receive a point, players had to explain an appropriate way they would deal with their anger in this situation. Teams received additional points if players successfully tossed beanbags inside hula hoops.

At home tonight, you can encourage your child to talk about different ways that he/she learned to control anger in our game today. You can encourage your child to practice using one of these techniques the next time he/she is angry.

Thanks for your support,

