

BULLYING AND VIOLENCE PREVENTION

THIRD GRADE

LESSON 3

TITLE: Finding Your Trigger

PURPOSE: To become aware of anger triggers and feelings when in conflict.

OBJECTIVES: The student will be able to:

- understand the elements that come before and may lead to a more intense or physical conflict.
- be more aware of their own trigger points and feelings in response to anger.

SUNSHINE STATE STANDARDS: LA.3.1.7.7, 3.2.1.6, 3.3.5.3

STUDENT SERVICES BENCHMARKS AND STANDARDS: PS 1.5, 1.6, 4.5

VOCABULARY: conflict, triggers, feelings

INSTRUCTIONAL TIME: 45 Minutes

PREPARATION/INSTRUCTIONAL MATERIALS:

- dry erase board and markers
- Xerox copies of handout 3-2 (one per student)
- pencil

SPRINGBOARD ACTIVITY:

- 1) Have students share some of the feelings associated with conflict. List responses on the board.
- 2) Explain to the students the importance of being aware of our feelings; especially when confronted with a conflict situation that could turn into a fight. Our thoughts and feelings are often our triggers.

ACTIVITY:

- 1) Have three volunteers come up to the front of the class. Explain to the students that they are to role play the following scenario:

Two students are at their P.E. lockers. You see them whispering and looking at you. Today isn't your day. You forgot your gym shoes and you failed your history test. You think maybe they're talking about you but choose to ignore it. They start pushing each other and bump into you. Your back hits one of the locker doors. By this point, you've had it. You go after the one that pushed you and push him back. He pushes you back and then a teacher walks in. She pulls the two of you away from each other.

2) Lead a discussion on the events that led to the pushing. What could have been done differently?

ASSESSMENT: Teacher observation, class participation and completion of handout 3-2: This is What Triggers Me.

FOLLOW-UP ACTIVITY: Have students complete handout 3-2: This is What Triggers Me...Summarize and process the small group activity by having the students discuss what things may make a conflict worse or turn it into a physical fight. Ask students to share some of their trigger points from handout 3-2.

This is What Triggers Me...

Directions: Answer each of the following questions as honestly as possible.

1) One time I had a conflict that almost led to a fight. This is what happened...

2) Before we started the fight, I was thinking...

3) My trigger was definitely when...

4) Next time, I will...

5) Here are some of my other triggers and how I keep them under control...

Love one another



Love one another