



Target population:
kids age 8-12.



FOR MORE INFORMATION PLEASE CONTACT:

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Community & Family Services
Simcoe



OUR GOAL

The goal of RED CAP is to have participants come to the point where they will automatically STOP as they learn to positively deal with their anger. Each RED CAP lesson centers on one of these are-as- Stopping, Thinking and Problem Solving. The goal of RED CAP is to have participants come to the point where they will automatically STOP, THINK and PROBLEM SOLVE as they learn to positively deal with their anger.

Anger is a normal part of life, but many children and adults don't have positive opportunities to practice dealing with anger. There's nothing wrong with feeling angry; problems only begin when people do not deal with their anger in a healthy way. Poor coping skills can lead to hurtful conduct such as vandalism, self harm and violence. Teaching students how to manage their anger can significantly reduce the amount of violence within a school and community. The RED CAP club provides the opportunity for young people to learn how to manage their anger.

COURSE OUTLINE

Stop and calm down.

Lesson 1—Getting to Know You and Red

Cap

Lesson 2—Body Signals (How do I know

that I'm angry?)

Lesson 3—Uncovering My Emotions

(What is making me angry?)

Lesson 4—Anger Buttons (What types of things make me angry?)

Lesson 5—Make a Choice to Cool Off

Think of a plan.

Lesson 6—Message Loops (As I think of a plan, how will I communicate it?)

Lesson 7 and 8—Create and Communicate My Plan

Problem Solve wisely.

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