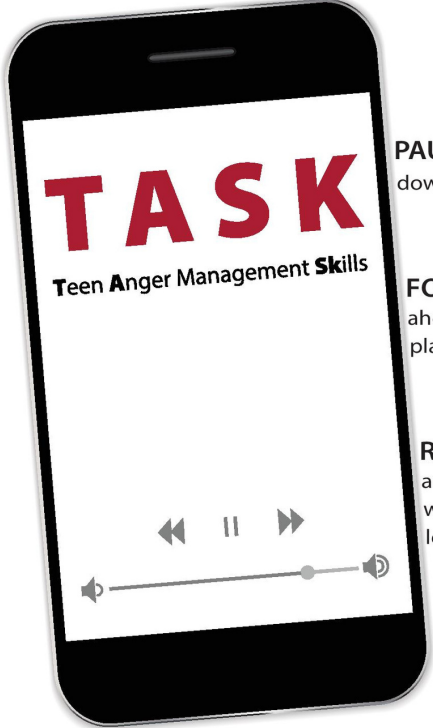


Target population:
high school (14-17 yrs old).



**FOR MORE
INFORMATION
PLEASE
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TASK
Teen Anger Management Skills

PAUSE and cool down.

FORWARD ahead with a plan.

REWIND and Review what you've learned.

TASK Teen Anger Management Skills. ©The Salvation Army - Canada and Bermuda Territory
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Visuals - TASK Cell Phone

Community & Family Services
Simcoe



OUR GOAL

The goal of TASK is to have participants come to the point where they will automatically **PAUSE** and move **FORWARD** as they learn to positively deal with their anger. Each TASK session centers on one of these areas: Stopping, Thinking and Problem Solving.

TASK is a program that is 8-10 weeks long and is geared to high school students. Ideally it is run as a school club for about 1 1/2 hours during a lunch period or after school. The participants are chosen by the school and are those who could benefit from developing some anger management skills and those identified as potential school leaders. It can also be run as a group outside of school or virtually. The program is interactive and run by well-trained and police-checked volunteers.

COURSE OUTLINE

PAUSE and cool down.

Lesson 1

Getting to Know You and the Program

Lesson 2

Body Signals (How do I know I am angry?)

Lesson 3

Anger Buttons

Lesson 4

Uncovering My Emotions

Lesson 5

What's Your Anger Style

Lesson 6

Make a Choice - Cool Down

Move **FORWARD** with a plan.

Lesson 7

Message Loops

REWIND and Review what you've learned.

Lessons 8

Rewind, Review, Reward