

# REGIONAL CENTER FOR HEALTHIER COMMUNITIES

## Mental & Emotional Health

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### ANGER MANAGEMENT

**All about anger** / Sunburst Communications (Firm) -- Pleasantville, NY: Sunburst Communications, 1991. (Video)

*Abstract:* Four true-to-life scenarios help children identify and understand their angry feelings and provides them with simple techniques for dealing with anger.

*Audience:* Upper Elementary (4, 5, 6)

*Desc:* 1 videocassette (15 min.) + 1 teacher's guide

*Location:* VHS

**Anger : a blueprint for twelve structured sessions** / Black, Claudia. -- Toronto ; Buffalo: Kinetic, Inc, c1995. (Video)

*Abstract:* This video explains the various types and forms of anger including passive/aggressive behavior, sarcasm/caustic remarks, verbal abuse, blaming, guerilla humor, anger with authority, retaliatory anger, blind rage, anger as an excuse, isolation, depression, and the use of medicators. The viewer is guided through a recovery process using the Seven Steps as a self-help tool

*Audience:* Adults; General

*Desc:* 1 videocassette (27 min.) + 1 workbook (86 p.)

*Location:* VIO ANG ANGER

**Anger : handle it before it handles you** -- Minneapolis, MN: Johnson Institute, 1994. (Video)

*Abstract:* Through a video game four friends learn the four steps for managing anger: aware, backoff, check choices and consequences, decide and do.

*Audience:* Junior High School (7, 8); Grade 5; Grade 6

*Desc:* 1 videocassette (15 min.)

*Location:* VHS

**Anger management for adolescents : part 1: takin' it** / Baxley Media Group. -- Champaign, IL: Research Press Co. 2007. (Video)

*Abstract:* Features vignettes of adolescents dealing with situations in which anger plays a part. Also shows group training session in which teens discuss and role-play anger management skills and techniques. Part 1: receiving negative feedback or criticism from another person.

*Audience:* Junior High School (7, 8); Senior High School (9, 10, 11, 12)

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*Desc:* 1 videocassette (47 min.)

*Location:* VHS

**Anger management for adolescents : part 2: givin' it** / Baxley Media Group. -- Champaign, IL: Research Press, 2007. (Video)

*Abstract:* Features vignettes of adolescents dealing with situations in which anger plays a part. Also shows group training session in which teens discuss and role-play anger management skills and techniques. Part 2- giving negative feedback or criticism to another person.

*Audience:* Junior High School (7, 8); Senior High School (9, 10, 11, 12)

*Desc:* 1 videocassette (38 min.)

*Location:* VHS

**Anger management for adolescents : part 3: workin' it out** / Baxley Media Group. -- Champaign, IL: Research Press, 2007. (Video)

*Abstract:* Features vignettes of adolescents dealing with situations in which anger plays a part. Also shows group training session in which teens discuss and role-play anger management skills and techniques. Part 3: compromising or working out a difference of opinion.

*Audience:* Junior High School (7, 8); Senior High School (9, 10, 11, 12)

*Desc:* 1 videocassette (33 min.)

*Location:* VHS

**Back off : the inside views of youth anger** / Educational Video Center. -- New York, NY: Educational Video Center, 2007. (DVD)

*Abstract:* Focuses on how teenagers deal with anger and violence at home, in their communities and at school. EVC youth filmmakers explore domestic violence, child abuse and the pressure on young people to fight.

*Audience:* General

*Desc:* 1 videodisc (15 min.)

*Location:* DVD

**Beyond anger : connecting with self and others** / Earnest Larsen. -- Center City, MN: Hazelden, 1999. (DVD)

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*Abstract:* Demonstrates how prison inmates can move beyond anger to healing, forgiveness and reconciliation.

*Audience:* Adults; Senior High School (9, 10, 11, 12)

*Desc:* 1 videodisc (50 min.)

*Location:* DVD

**Cage the rage : handling your anger** -- Bloomington, IL: Meridian Education Corporation, [1999?] (Video)

*Abstract:* Shows teens ways to manage their anger before it escalates into a larger conflict.

*Audience:* Junior High School (7, 8); Senior High School (9, 10, 11, 12)

*Desc:* 1 videocassette (17 min.) + 1 user's guide (7 p.)

*Location:* VHS

**Dealing with anger** / Human Relations Media, inc. -- Mount Kisco, NY: Human Relations Media, 2000. (Video)

*Abstract:* This video gives middle school students the tools they need to recognize and deal with anger and frustration. The video explores a variety of situations that can trigger angry feelings. Each situation explores different reactions, both unhealthy and healthy. Viewers will see the benefits of controlling their anger rather than letting anger control them. Along the way, the video hosts examine the consequences of misguided emotions and quick tempers. Young viewers will attain a better understanding of how patience and self-control can be powerful allies.

*Audience:* Grade 6; Junior High School (7, 8); Senior High School (9, 10, 11, 12)

*Desc:* 1 videocassette (20 min.) + 1 resource guide (29 leaves)

*Location:* VIO ANG DEALI

**Dealing with anger : givin' it, takin' it, workin' it out : a violence prevention program for African American youth** -- [S.I.] Champaign, Ill. Norman Baxley Distributed by Research Press, 1991. (Video)

*Abstract:* This is a series of three videos which are culturally sensitive and were created to prevent violence among African-American youth. These videos are most effective when used in small groups of no more than 10 participants. Givin' It (18 min.) involves expressing criticism, disappointment, anger or displeasure

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calmly. Use of this skill permits the participant to ventilate strong emotions constructively and mastery of the skill will set the stage for nonviolent verbal resolution of disputes. *Takin' It* (20 min.) puts the participant on the receiving end of "givin' it". This video builds skills involves listening, understanding, and how to appropriately reacting to criticism and the anger of others. *Workin' It Out* (14 min.) incorporates listening, identifying problems and potential solutions, proposing alternatives when disagreements persist, and learning to compromise.

*Audience:* Junior High School (7, 8); Senior High School (9, 10, 11, 12)

*Desc:* 3 videocassettes (52 min.) + 2 leader's guides

*Location:* VIO ANG DEALI

**Expressing anger : healthy vs. unhealthy** / John G Young, Deborah E Gatins. -- Mt. Kisco: Human Relations Media, 1999. (DVD)

*Abstract:* Reinforces the idea that anger is a necessary emotion which must be dealt with in a positive manner. It goes on to discuss ways that people mishandle their anger and demonstrates healthy ways to manage anger.

*Audience:* Junior High School (7, 8); Senior High School (9, 10, 11, 12); College

*Desc:* 1 videodisc (45 min.) + 1 teacher's guide (42 p.)

*Location:* VIO ANG EXPRES

**Getting along with Groark : Groark learns to control anger** / Randal McGee. / Elkind & Sweet Communications. -- San Francisco: Live Wire Media, 1996. (Video)

*Abstract:* Children learn how to tell when anger is getting out of control, how this can lead to fighting, and how to calm their anger.

*Audience:* Elementary (Kindergarten, 1, 2, 3, 4, 5, 6)

*Desc:* 1 videocassette (30 min.) + 1 resource guide (9 p.)

*Location:* VHS

**In the know : anger management** / Executive producer, Greg Fox Jr. ; director, editor, & music, Ryan J. Dufrene ; writer, James A. Keyser. -- New Orleans, LA: Syndistar, 2005. (Video)

*Abstract:* Teaches viewers how anger operates, what its physical and psychological effects are, and how to stop short of the aggressive responses and reflexive hostility that can precipitate violence.

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*Audience:* Junior High School (7, 8); Senior High School (9, 10, 11, 12)

*Desc:* 1 videocassette (17 min.) + 1 leader's guide

*Location:* VHS

**Second step kit : a violence-prevention curriculum : grades 1-3** / 2nd ed / Beland, Kathy. / Seattle Institute for Child Advocacy. Committee for Children. -- Seattle, WA: Committee for Children, 1992. (Kit;Video)

*Abstract:* Designed to help children learn pro-social skills and reduce impulsive-aggressive behavior.

*Audience:* Educators; Grade 1; Grade 2; Grade 3

*Desc:* 1 videocassette (17 min.) + 1 teacher's guide, 3 posters and 56 lesson plans.

*Location:* CUR VIO SEC

**Segundo paso : grados 1ro-3ro** / 2nd ed / Seattle Institute for Child Advocacy. Committee for Children. -- Seattle, WA: Committee for Children, 1992. (Video)

*Abstract:* Designed to help children learn pro-social skills and reduce impulsive-aggressive behavior

*Audience:* Grade 1; Grade 2; Grade 3

*Desc:* 2 videocassette (17 min.) + 1 teacher's guide

*Location:* VIO SCIC SEGUN

**Segundo paso : grados 4-5** / 2nd ed / Seattle Institute for Child Advocacy. Committee for Children. -- Seattle, WA: Committee for Children, 1992. (Video)

*Abstract:* Designed to help children learn pro-social skills and reduce impulsive-aggressive behavior

*Audience:* Grade 4; Grade 5

*Desc:* 1 videocassette (17 min.) + 1 teacher's guide

*Location:* VIO SCIC SEGUN

**Student workshop : handling your anger** / Sunburst Communications. -- Pleasantville, NY: Sunburst Communications, 1997. (DVD)

*Abstract:* Rap artist A.D.O.R. helps kids deal with their feelings of anger.

*Audience:* Grade 5; Grade 6; Junior High School (7, 8); Grade 9

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*Desc:* 1 videodisc (33 min.) + 1 kit

*Location:* DVD

**Student workshop : handling your anger** / Sunburst Communications. -- Pleasantville, NY: Sunburst Communications, 1997. (Video)

*Abstract:* Rap artist A.D.O.R. helps kids deal with their feelings of anger.

*Audience:* Grade 5; Grade 6; Junior High School (7, 8); Grade 9

*Desc:* 1 videodisc (33 min.)

*Location:* VIO ANG STUDE

**Time out on anger : learning self-control** -- Mount Kisco, NY: Human Relations Media, 2007. (DVD)

*Abstract:* A program developed to introduce students to the basics of anger management. With help, children can learn that their normal angry feelings do not have to be expressed in negative ways, such as tantrums, tears or aggression.

*Audience:* Grade 3; Upper Elementary (4, 5, 6)

*Desc:* 1 videodisc (16 min.) + 1 teacher's guide (43 p.)

*Location:* VIO ANG TIME

**Violence Prevention : a guide to the course** / Prothrow-Stith, Deborah. -- Newton, MA: Education Development Center Inc. 1987. (Video)

*Abstract:* Prepares educators in use of violence prevention curriculum in the classroom. Use with curriculum, "Violence prevention: curriculum for adolescents." Designed to help adolescents deal with anger in productive, nonviolence ways.

*Audience:* Educators

*Desc:* 1 videocassette (54 min.)

*Location:* VHS