

# VIRTUAL & DISTANCE LEARNING



While this was originally created for in person learning, it now includes a version to use with Google Slides or Microsoft TEAMS.

There are two PowerPoint files included, one that is the **PRESENTATION (use in present mode)** and one that is the **INDEPENDENT/INTERACTIVE ACTIVITIES (use in edit mode)**.

Both sets of slides are also uploaded onto Google Slides™. They will be on the second page of the lesson plan PDF file.

# NOTES FOR THE COUNSELOR:

This resource teaches students to recognize the feelings that lie beneath anger. It's helpful for self-awareness and awareness of others. Use it as a center in classroom lessons, in small group sessions, or with individual counseling.

- For individual or small group counseling, make resource into a file folder activity. "Uncover" the feelings under each anger mask, talk through some of the scenarios (using the large or small task cards), then create your own scenario.
- For whole class lessons, use the PowerPoint to introduce the concept and practice 6 examples all together. Then give student pairs or groups 10 more example cards to work through together (put the tracking sheet in a dry erase pocket to use over ad over). Exit ticket and worksheet also included.
  - For a center in classroom lessons, use the file folder with the 6 larger scenarios for each group to work through.
- Looking for a book to partner with this activity? What are you so grumpy about? is a great pick!

# Anger Mask

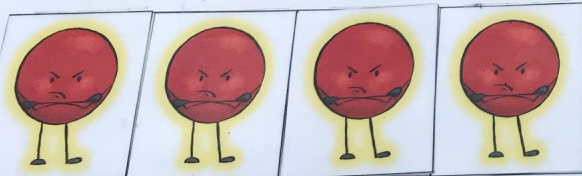
WHAT FEELINGS ARE HIDING UNDER YOUR ANGER MASK?  
WHAT FEELINGS ARE HIDING UNDER OTHER PEOPLES' ANGER MASKS?



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## What feelings are behind the ANGER masks?



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### What feelings are behind the ANGER masks?

1

David loves eating lunch in the classroom with the teacher because it's quieter than the cafeteria and he really likes his teacher. His teacher just posted the list of students eating with her this week and David's name isn't on it. He looks really angry.



### What feeling is under David's anger mask?

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Sometimes people **LOOK** angry...



...and **SOUND** angry...



...but they are really just wearing an **ANGER MASK**.



What does that mean?

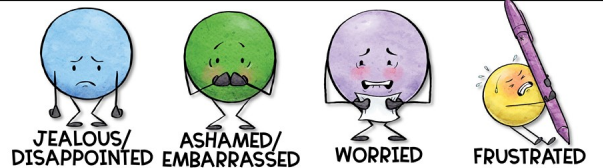
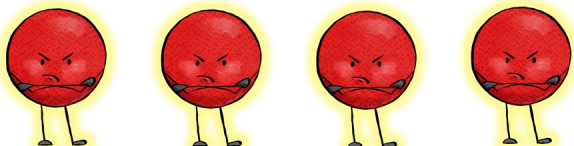
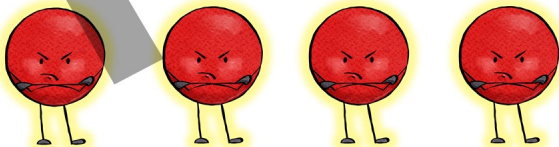
David loves eating lunch in the classroom with the teacher because it's quieter than the cafeteria and he really likes his teacher. His teacher just posted the list of students eating with her this week and David's name isn't on it. He looks really angry.

What feeling is under David's anger mask?

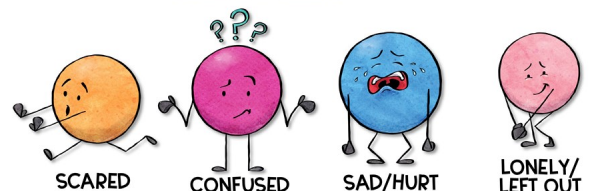
**DISAPPOINTED**



What feelings are behind the **ANGER** masks?



What feelings are behind the **ANGER** masks?

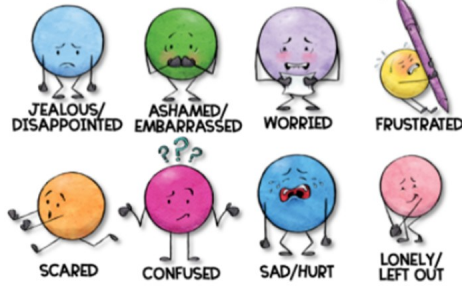


David loves eating lunch in the classroom with the teacher because it's quieter than the cafeteria and he really likes his teacher. His teacher just posted the list of students eating with her this week and David's name isn't on it. He looks really angry.



What feeling is under anger

Circle the emotion David is feeling.



Why is David feeling this way?

Type Here

5 You are working with a partner in class and they won't share the marker or give you a turn to write.

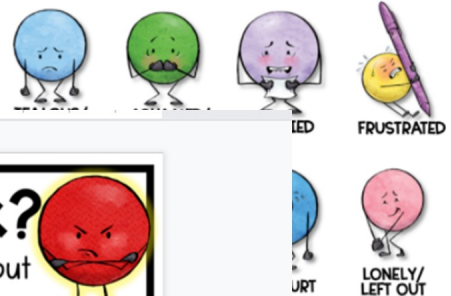


What's behind your ANGER mask?



6 Someone in your class has been

What's behind your ANGER mask?



## What's behind your ANGER mask?

Write your own scenario for when someone looks angry but is actually feeling a different emotion (or emotions) inside. This can be a real situation or something totally made up!



Type Here

Circle the feeling or feelings the person in your scenario has under their anger mask.

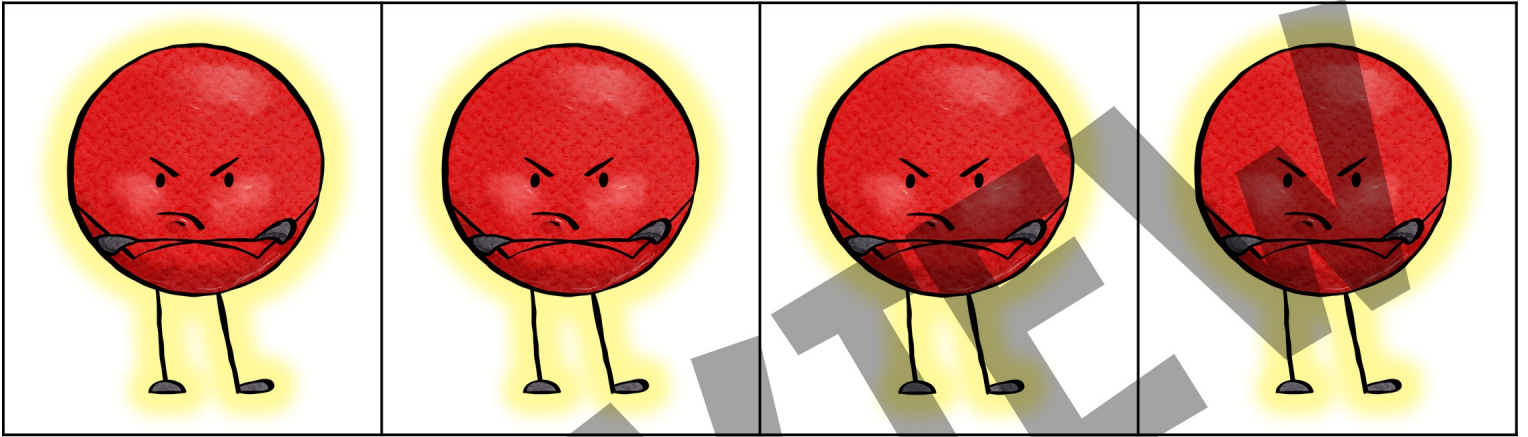
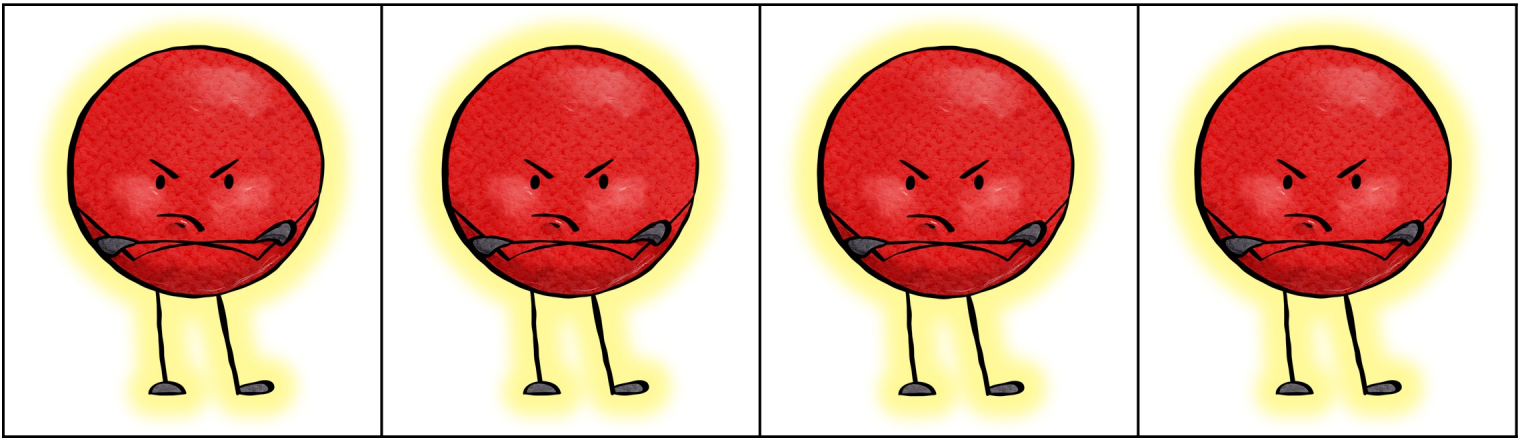


**FILE FOLDER PAGES**

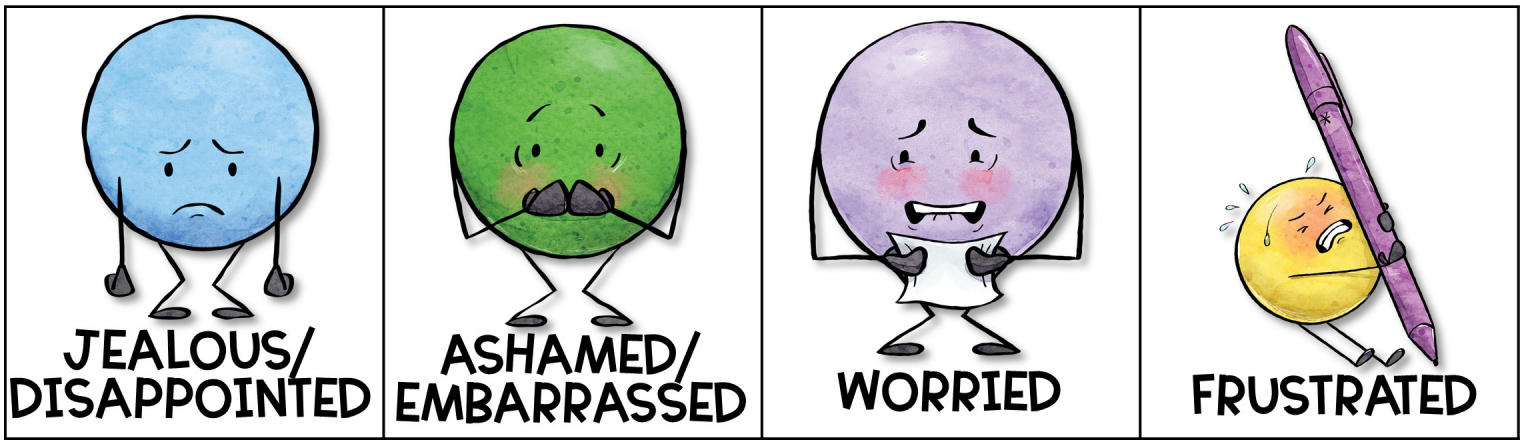
# Anger Mask

WHAT FEELINGS ARE HIDING UNDER  
YOUR ANGER MASK? WHAT  
FEELINGS ARE HIDING UNDER  
OTHER PEOPLES' ANGER MASKS?

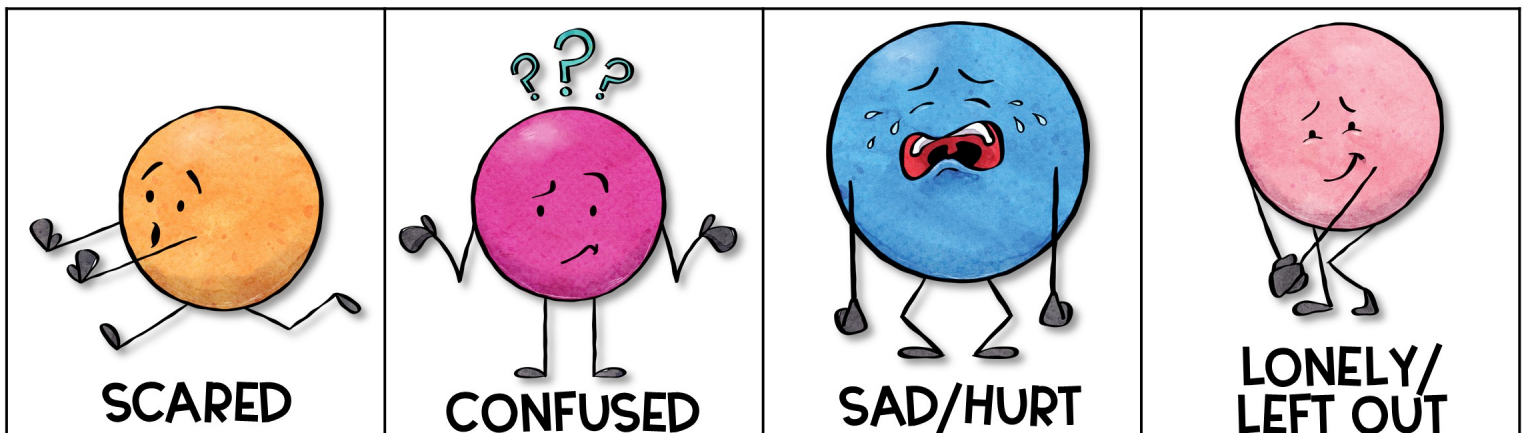








# What feelings are behind the **ANGER** masks?

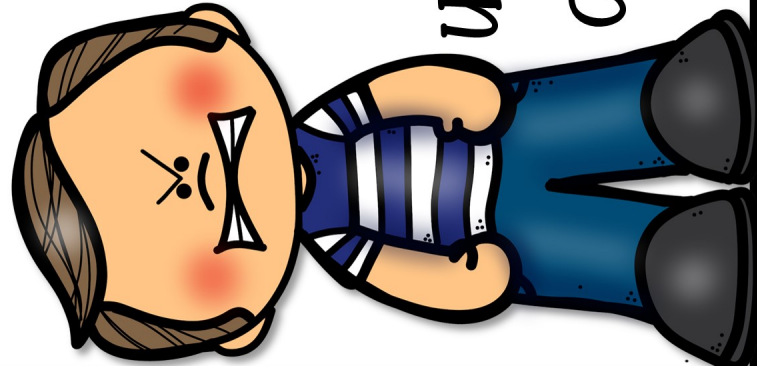


# What feelings are behind the **ANGER** masks?

1	
2	
3	
4	
5	
6	

David loves eating lunch in the classroom with the teacher because it's quieter than the cafeteria and he really likes his teacher. His teacher just posted the list of students eating with her this week and David's name isn't on it. He looks really angry.

**4 additional large scenarios included**



What feeling is under David's anger mask?

Maria's grades are really important to her and her parents. She gets grounded whenever she doesn't get an A. She spent a long time working on a big science project that's due today. One of her classmates accidentally stepped on it and it's ruined. Maria looks really angry.



What feeling is under Maria's anger mask?

# ADDITIONAL SCENARIOS

# What feelings are behind the **ANGER** masks?

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

1 You were excited to tell everyone at lunch about your football game last weekend, but no one paid any attention to you.

### What's behind your ANGER mask?

SCARED

SAD/HURT

LONELY/  
LEFT OUT

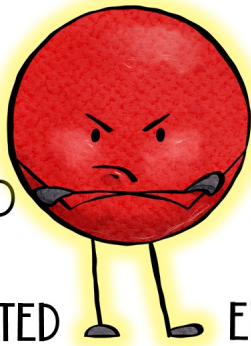
WORRIED

FRUSTRATED

CONFUSED

JEALOUS/  
DISAPPOINTED

ASHAMED/  
EMBARRASSED



2 You have been trying to tell your teacher that your stomach hurts for an hour now but she keeps asking you to wait.

### What's behind your ANGER mask?

SCARED

SAD/HURT

LONELY/  
LEFT OUT

WORRIED

FRUSTRATED

CONFUSED

JEALOUS/  
DISAPPOINTED

ASHAMED/  
EMBARRASSED



3 Someone laughed at you when you had trouble reading aloud in class.

### What's behind your ANGER mask?

SCARED

SAD/HURT

LONELY/  
LEFT OUT

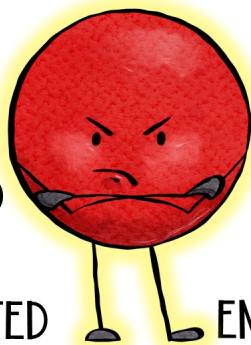
WORRIED

FRUSTRATED

CONFUSED

JEALOUS/  
DISAPPOINTED

ASHAMED/  
EMBARRASSED



4 You were playing with your friend at recess and they pushed you down the slide and you almost fell off.

### What's behind your ANGER mask?

SCARED

SAD/HURT

LONELY/  
LEFT OUT

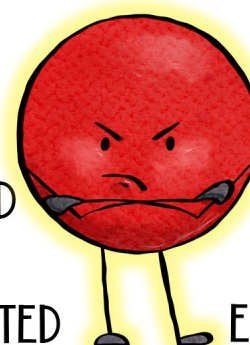
WORRIED

FRUSTRATED

CONFUSED

JEALOUS/  
DISAPPOINTED

ASHAMED/  
EMBARRASSED



6 additional small scenarios included

**CREATE YOUR OWN SCENARIO  
AND EXIT TICKET**





Name: \_\_\_\_\_

What feeling is usually hiding under your anger mask?

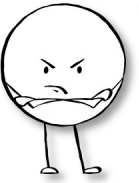


Why is it important to know what feelings are under your anger mask or under someone else's anger mask?

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Name: \_\_\_\_\_

What feeling is usually hiding under your anger mask?



Why is it important to know what feelings are under your anger mask or under someone else's anger mask?

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Name: \_\_\_\_\_

What feeling is usually hiding under your anger mask?



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Name: \_\_\_\_\_

What feeling is usually hiding under your anger mask?



Why is it important to know what feelings are under your anger mask or under someone else's anger mask?

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**BLACKLINE PAGES ALSO  
INCLUDED**

# the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective and engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to underserved and ELL populations.

## Education

B.A. from Michigan State University  
Psychology and Anthropology

M.S. from Vanderbilt University  
Community, Research, and Action

M.Ed. From Vanderbilt University  
Human Development Counseling:  
School Counseling and  
Clinical Mental Health

## Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's  
Connect:

