



# Black Belt EXCELLENCE

## Anger Management

Once upon a time there was a young turtle named Zuki. Zuki was very upset about going to school. He liked to be at home with his baby brother and his mother. He did not want to learn school things; he wanted to run outside and play with his friends and color in his coloring book. It was too hard to try to write letters or copy from the board. He wanted to play and giggle with friends – he even loved to fight with them. He did not want to share. He liked to tease the other kids and grab their nice toys. He did not like listening to his teacher or having to stop making those wonderful fire engine noises he used to make with his mouth. It was too hard to remember not to fight or make noise. It was just too hard not getting mad at all the things that made him mad.

Every day on his way to school he would say to himself that he would try his best not to get in trouble that day. But even so, every day he would get mad at somebody and he would hit him or her. He could not help taking toys he liked from his friends, and he loved to tease those smart kids. He would always get into trouble, and after a few weeks he just hated school. He began to feel like a bad turtle. He went around for a long time feeling very bad.

One day when he was feeling his worst, he met the biggest and oldest tortoise in town. He was a wise old turtle, who was two hundred years old and was as big as a house. Zuki spoke to him in a very timid voice because he was afraid of this very big turtle. But the old wise turtle was as kind as he was big and was very eager to help him. “Hey, there,” he said in his big bellowing voice, “I’ll tell you a secret. Don’t you know you are carrying the answer to your problems around with you?” Zuki didn’t know what he was talking about. “Your shell – your shell!” he bellowed. “That’s why you have a shell. You can hide in your shell whenever you get that feeling inside that tells you, you are angry and want to fight. When you are in your shell, you can have a moment to rest, until you don’t feel angry anymore. So next time you get angry, just go into your shell.”

Zuki liked the idea, and he was very eager to try his new secret in school. The next day came and he was doing his work in school. Suddenly, the boy next to him accidentally bumped him on the back. He started to feel that angry feeling again, and was about to lose his temper and punch the boy. Then he remembered the words of Wise Old Turtle. He pulled in his arms, legs, and head, quick as a wink and rested until he didn’t feel angry anymore. He was delighted to find it so nice and comfortable in his shell where no one could bother him. When he came out, he was surprised to see his teacher smiling at him. She said she was proud of him! He kept using his secret for the rest of the year. Whenever anyone hit him, he used it. Whenever he wanted to hit anyone else, he used it. Whenever someone teased him or he wanted to tease someone else, he used it. When he got his report card, it was the best in the whole class!

This month my son/daughter has demonstrated both at home and at school those qualities of Black Belt Excellence required for students seeking to earn belt advancement.

**Student Name:** \_\_\_\_\_

**Student Rank:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

**DUE BEFORE MARCH 15<sup>TH</sup>**

### 5 Requirements of the BBE Stripe

- Responsible behavior at home
- Responsible behavior and passing grades at school
- Overall performance and attendance at the dojo
- Participation in BBE Mat Chats in class
- Returning the BBE monthly activity

# Anger Management

What things made Zuki mad?

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What things make you mad and want to fight?

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How did Zuki feel when he was always getting in trouble?

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What did Wise Old Turtle tell him to do when he got angry instead of fighting?

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How did Zuki feel when he was in his shell after the boy bumped him?

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What do you do when you feel like fighting?

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What will you do next time you get angry?

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How will your parents feel when you are like Zuki and hide in your "shell" instead of getting angry?

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How can you be like Wise Old Turtle and help your friends when they get angry?

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**Must Return by the due date**

Remember these sheets are your responsibility not your parents'. Late work sheets will not be accepted.

# Mental Health and Anger Management

*From WebMD*

## What Is Anger?

Anger is a very powerful feeling that can happen when you are frustrated, hurt, annoyed, or disappointed. Anger can help or hurt you, depending on how you react to it. If you can react without hurting someone else, it can be a positive feeling. If you hold your anger inside, it can lead to passive-aggressive behavior like "getting back" at people without telling them why or being critical and hostile. Knowing how to recognize and express these feelings in appropriate ways can help you handle emergencies, solve problems, and hold on to meaningful [relationships](#).

## How Can I Manage Anger?

When you're angry, you might feel anywhere between a slight irritation to rage.

- J When you start feeling angry, try deep breathing, positive self-talk, or stopping your angry thoughts. Breathe deeply from your diaphragm. Slowly repeat a calm word or phrase such as "relax" or "take it easy." Repeat it to yourself while breathing deeply until the anger subsides.
- J Although expressing anger is better than keeping it in, there's a right way to do it. Try to express yourself clearly and calmly. Angry outbursts are stressful to your nervous and cardiovascular systems and can make health problems worse.
- J Consider the value of [physical activity](#) like regular [exercise](#) as a way to both improve your mood and release tension and anger.
- J Avoid using recreational drugs and drinking too much alcohol, which can make you less able to handle frustration. Alcohol can also loosen your inhibitions so that you say or do something you normally wouldn't.
- J Get support from others. Talk through your feelings and try to work on changing your behaviors.
- J If you have trouble realizing when you are having angry thoughts, keep a written log of when you feel angry.
- J Try to gain a different perspective by putting yourself in another's place.
- J Learn how to laugh at yourself and see humor in situations.
- J Practice good listening skills. Listening can help improve communication and can build trusting feelings between people. This trust can help you deal with potentially hostile emotions. A useful communication exercise is to say to someone, "Let me make sure I understand what you're saying" and then restate back to them what you perceive as their main message or point of view. Often, this approach helps to clarify misunderstandings that can lead to frustrations, and help identify issues on which you may ultimately "agree to disagree" without turning into a fight.
- J Learn to assert yourself, expressing your feelings calmly and directly without becoming defensive, hostile, or emotionally charged. Read self-help books or seek help from a professional therapist to learn how to use assertiveness and [anger management](#) skills.