

# RAGE

## Anger management group program

RAGE is designed for young people who have difficulty controlling their emotions. This program helps students to identify feelings of anger, along with triggers, and explore alternate strategies to coping with frustration.

RAGE is aligned with PDHPE K-10 outcomes in building resilience and respectful relationships, and demonstrating self-management skills to reflect and respond positively to challenges.



### Program outline

- The many faces of anger
- The 4 T's of anger
- Healthy expressions of anger
- Getting through the guilt of anger
- Relaxation, exercise and diet

### Enquire online



6 week  
program



1 hour  
sessions



6-8 students  
group size



Person-centred  
approach



PDHPE K-10  
outcomes

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