

## Lesson 3: Fork in the Road: Turning Anger into Understanding

**Time: 20 minutes**

**Objective:**

Students will analyze how anger can escalate into harmful behavior and identify constructive alternatives that align with *United for Peace*'s idea that "peace has no room for hatred."

**By the end of this lesson, students will be able to:**

- Recognize personal or observed examples of anger escalation.
- Classify behaviors as destructive (Path A) or constructive (Path B).
- Identify at least one positive method to manage anger before it harms others.

**Standards Alignment:**

**CCSS.ELA-LITERACY.SL.9-10.1 / SL.11-12.1:** Initiate and participate effectively in a range of collaborative discussions with diverse partners, building on others' ideas and expressing their own clearly.

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### Intro and Emotional Context (1 min)

Teacher talk:

- Briefly explain that anger itself isn't wrong—it's a signal that something matters or feels unfair.
- The question is *what do we do next*—how do we use that energy?

### Individual "Anger Snapshot" Reflection (5-10 min)

Instructions:

Prompt on board:

"Think of a time when you or someone you know got angry. What did the anger lead to? Did the anger make things better or worse? Why?"

- Distribute slips or have students open notebooks.
- Emphasize privacy: no one has to share names or details.

Give students about 5 minutes to answer, then invite several students to share their responses.

Bridge:

“Today we’ll look at two possible paths that anger can take—one that feeds harm and one that feeds peace.”

### Teacher Diagram and Brainstorm (10 min)

On the board, draw a forked path:

- Left Path A: “Let anger turn into hatred or harm.”
- Right Path B: “Solve the problem without hate.”



Label both paths clearly and briefly explain that everyone faces this fork in daily life—online, in friendships, in communities, etc. Acknowledge that peaceful responses don’t mean silence—it means channeling anger into solutions instead of harm. (For example: organizing a meeting, writing an op-ed, or helping someone else feel heard.)

Then ask volunteers to call out examples of reactions that fit into each path while you record under each heading

Examples students might share:

Path A: insult, gossip, vandalize, post mean comments, exclude others.

Path B: take a break, apologize, ask questions, write feelings, talk calmly, seek help.

#### **Key Takeaway:**

**Anger is a signal, not a weapon.**

**What matters is how we use it—to destroy, or to build peace.**