Appendix (A)

Anger scale in its initial form

Name Optional:

Age: **Study Level:**

No.	phrase	Strongly Apply	Apply	Sometimes	Do Not Apply	Strongly Do Not Apply
	Dimension 1: Anger Triggers					
1	I get angry when people don't listen to me.					
2	I feel irritated when things don't go as planned.					
3	I become angry when I'm treated unfairly.					
4	I get upset when someone interrupts me.					
5	I feel anger when others break their promises.					
6	I react with anger when I'm criticized.					
7	I feel provoked when people are disrespectful.					
	Dimension 2: Internal Anger					
8	When angry, I feel a s10trong tension in my body.					
9	I feel overwhelmed by my anger.					
10	My heart races when I start to get angry.					
11	I held onto angry feelings for a long time.					
12	I think about things that make me angry, even when calm.					
13	I feel frustrated inside, even if I don't show it.					
14	Anger makes it hard for me to concentrate.					
	Dimension 3: External Anger					
15	I raise my voice when I'm angry.					
16	I say things I regret when I'm upset.					
17	I express my anger through sarcastic comments.					
18	I slam doors or throw things when angry.					
19	I argue aggressively when provoked.					
20	I blame others when I'm feeling angry.					
21	I withdraw from people when angry (silent treatment).					
22	I act impulsively when I'm mad.					

Anger scale in its final form

Name Optional:

Age: **Study Level:**

No.	phrase	Strongly Apply	Apply	Sometimes	Do Not Apply	Strongly Do Not Apply
	Dimension 1: Anger Triggers					
1	I get angry when people don't listen to me.					
2	I feel irritated when things don't go as planned.					
3	I become angry when I'm treated unfairly.					
4	I get upset when someone interrupts me.					
5	I feel anger when others break their promises.					
6	I react with anger when I'm criticized.					
7	I feel provoked when people are disrespectful.					
	Dimension 2: Internal Anger					
8	When angry, I feel a s10trong tension in my body.					
9	I feel overwhelmed by my anger.					
10	My heart races when I start to get angry.					
11	I held onto angry feelings for a long time.					
12	I think about things that make me angry, even when calm.					
13	I feel frustrated inside, even if I don't show it.					
	Dimension 3: External Anger					
14	I raise my voice when I'm angry.					
15	I say things I regret when I'm upset.					
16	I express my anger through sarcastic comments.					
17	I slam doors or throw things when angry.					
18	I argue aggressively when provoked.					
19	I blame others when I'm feeling angry.					
20	I act impulsively when I'm mad.					

Appendix (B): the recreational behavioral program

S1. Sessions of the recreational behavioral program.

Session Number	Session Topic & Primary Objective	Session time	Techniques and Activities Used
1	**Topic:** Acquaintance & Building Trust. **Objective:** To create a safe and supportive environment and establish group rules.	40 min	**Techniques:** Positive Reinforcement, Socialization. **Activities:** Ice-breaking games, group discussion on expectations, and collaborative setting of group rules.
2	**Topic:** Understanding Anger: Triggers and Personal Signs. **Objective:** To define anger and help students identify their personal anger triggers and early warning signs.	40 min	**Techniques:** Self-Monitoring, Socialization. **Activities:** Brainstorming session on "What is anger?", completing a "My Anger Triggers" worksheet, and discussion on physical signs of anger (e.g., clenched fists, fast heartbeat).
3	**Topic:** The Cognitive Connection: Thoughts and Anger. **Objective:** To identify and challenge negative automatic thoughts that fuel anger.	40 min	**Techniques:** Cognitive Restructuring, Modelling. **Activities:** Examples of "hot thoughts," group activity to reframe thoughts using worksheets, and role-playing common scenarios.
4	**Topic:** Immediate Anger Management: Relaxation Techniques. **Objective:** To teach practical, in-the-moment techniques for de-escalation.	40 min	**Techniques:** Relaxation Training. **Activities:** Deep breathing exercises (4-7-8 technique), guided imagery to a "calm place," progressive muscle relaxation.
5	**Topic:** Assertive Communication (Part 1). **Objective:** To introduce the concept of assertive (not aggressive) communication using "I-statements."	40 min	**Techniques:** Role-Playing, Modelling, Reinforcement. **Activities:** Teaching the "I feel... when... because" model, practicing the model in pairs with non-conflict scenarios.
6	**Topic:** Assertive Communication (Part 2). **Objective:** To apply assertive communication in potential conflict situations.	40 min	**Techniques:** Role-Playing, Response Cost (feedback on ineffective communication). **Activities:** Role-playing scenarios involving mild conflict, group feedback on the use of assertive language.
7	**Topicpost-measurements**sion: Art for Emotional Release. **Objective:** To use art as a safe medium for expressing and releasing angry feelings.	40 min	**Techniques:** Emotional Discharge. **Activities:** Drawing or painting "What my anger looks like," using clay to sculpt emotions, followed by voluntary group sharing.
8	**Topic:** Recreational Activity: Cooperative Tug of War. **Objective:** To channel energy physically and emphasize teamwork and controlled effort.	40 min	**Techniques:** Socialization, Reinforcement. **Activities:** Modified tug-of-war with rules focusing on strategy and collaboration rather than just winning.

Continue.

Session Number	Session Topic & Primary Objective	Session time	Techniques and Activities Used
9	**Topic:** Problem-Solving and Conflict Resolution. **Objective:** To develop a structured method for resolving disagreements collaboratively.	40 min	**Techniques:** Role-Playing, Socialization. **Activities:** Group discussion on a sample conflict, learning and applying steps of problem-solving (define problem, brainstorm solutions, choose best option).
10	**Topic:** Recreational Activity: Basketball for Teamwork. **Objective:** To promote communication, turn-taking, and deal with frustration in a game setting.	40 min	**Techniques:** Reinforcement, Modelling (sportsmanship). **Activities:** Basketball drills focused on passing and support, a short scrimmage with debriefing on positive interactions.
11	**Topic:** The Strategy of Time-Out and Smart Withdrawal. **Objective:** To reinforce that taking a voluntary break is a powerful anger management tool.	40 min	**Techniques:** Role-Playing, Response Cost. **Activities:** Practicing how to recognize when to step away and how to communicate it effectively ("I need a moment to calm down").
12	**Topic:** Recreational Activity: Jumping Inside Hoops (Agility & Focus). **Objective:** To improve focus and self-control through physical activity.	40 min	**Techniques:** Reinforcement. **Activities:** Agility games using hula hoops (e.g., sequential jumping, relay races), emphasizing following rules and maintaining composure.
13	**Topic:** Integrating Skills: Role-Play Application. **Objective:** To combine cognitive, communication, and relaxation skills in complex scenarios.	40 min	**Techniques:** Comprehensive Role-Playing, Reinforcement. **Activities:** Complex role-plays that incorporate triggers, negative thoughts, assertive communication, and use of a time-out.
14	**Topic:** Recreational Activity: Football for Sportsmanship. **Objective:** To practice managing emotions, respecting opponents, and accepting outcomes in a competitive game.	40 min	**Techniques:** Reinforcement, Modelling. **Activities:** Football match with a focus on applying anger control strategies during play, followed by a debrief on emotional regulation.
15	**Topic:** Review and Relapse Prevention. **Objective:** To consolidate learning and plan for maintaining progress after the program ends.	40 min	**Techniques:** Socialization, Reinforcement. **Activities:** Group discussion on most useful skills, identifying future challenges, and creating a personal "anger management plan."
16	**Topic:** Closure and Celebration. **Objective:** To provide feedback, celebrate achievements, and provide a positive conclusion.	40 min	**Techniques:** Positive Reinforcement. **Activities:** Sharing positive feedback, awarding certificates of participation, and a final

Detailed Session

Week 1: Foundation & Awareness (Sessions 1-2)

Objective: Build trust and establish a basic understanding of anger.

Session 1: Acquaintance & Building Trust

- **Content:** Ice-breaking games, group discussion on expectations, and collaborative setting of group rules.
- **Techniques:** Positive Reinforcement, Socialization.
- **Executive Goal:** To create a safe and supportive environment for participation.

Session 2: Understanding Anger: Triggers and Personal Signs

- **Content:** Brainstorming to define anger, identifying personal triggers using worksheets, and discussing physical signs of anger (e.g., clenched fists, fast heartbeat).
- **Techniques:** Self-Monitoring, Socialization.
- **Executive Goal:** To develop self-awareness of the sources and expressions of anger.

Week 2: Cognitive Skills & Relaxation (Sessions 3-4)

Objective: Learn to control thoughts and physical feelings.

Session 3: The Cognitive Connection: Thoughts and Anger

- **Content:** Identifying "hot thoughts" that trigger anger and learning to reframe them, role-playing scenarios.
- **Techniques:** Cognitive Restructuring, Modelling.
- **Executive Goal:** To change negative thought patterns that exacerbate anger.

Session 4: Immediate Anger Management: Relaxation Techniques

- **Content:** Practicing deep breathing exercises (4-7-8 technique), guided imagery to a "calm place," and progressive muscle relaxation.
- **Techniques:** Relaxation Training.
- **Executive Goal:** To possess quick tools for self-calming when anger begins to rise.

Week 3: Social Skills (Sessions 5-6)

Objective: Develop effective communication methods as an alternative to aggression.

Session 5: Assertive Communication

- **Content:** Learning the "I feel... when... because..." model, practicing it in non-conflict scenarios.
- **Techniques:** Role-Playing, Modelling, Reinforcement.
- **Executive Goal:** To express feelings clearly and non-aggressively.
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Session 6: Assertive Communication

- **Content:** Applying assertive communication in conflict scenarios, receiving feedback.
- **Techniques:** Role-Playing, Response Cost (correcting ineffective communication).
- **Executive Goal:** To apply the skill under the pressure of simulated real-life situations.

Week 4: Recreational Application (Sessions 7-8)

Objective: Release negative emotions and build teamwork spirit.

Session 7: Creative Expression: Art for Emotional Release

- **Content:** Using drawing or clay sculpting to express abstract anger.
- **Techniques:** Emotional Discharge.
- **Executive Goal:** To channel anger through a safe, creative outlet.

Session 8: Recreational Activity: Cooperative Tug of War

- **Content:** A tug-of-war game with rules focusing on collaboration and strategy over sheer strength.
- **Techniques:** Socialization, Reinforcement.
- **Executive Goal:** To direct physical energy in a cooperative and structured manner.

Week 5: Problem-Solving & Sports Application (Sessions 9-10)

Objective: Learn conflict resolution and apply skills in group sports.

Session 9: Problem-Solving and Conflict Resolution

- **Content:** Learning steps for conflict resolution (define problem, brainstorm solutions, choose best option) and applying them.
- **Techniques:** Role-Playing, Socialization.
- **Executive Goal:** To possess a practical methodology for resolving disagreements calmly.

Session 10: Recreational Activity:

- **Content:** Drills focused on passing and support, followed by a short scrimmage.
- **Techniques:** Reinforcement, Modelling (sportsmanship).
- **Executive Goal:** To practice self-control and cooperation under the pressure of competition.

Week 6: Advanced Strategies (Sessions 11-12)

Objective: Learn smart withdrawal and improve focus.

Session 11: The Strategy of Time-Out and Smart Withdrawal

- **Content:** Practicing recognizing when to take a break and how to communicate effectively ("I need a moment to calm down").
- **Techniques:** Role-Playing, Response Cost.

- **Executive Goal:** To use voluntary time-out as a powerful, non-avoidant tool.

Session 12: Recreational Activity: Jumping Inside Hoops (Agility & Focus)

- **Content:** Agility games using hula hoops (e.g., sequential jumping, relay races) emphasizing rule-following and composure.
- **Techniques:** Reinforcement.
- **Executive Goal:** To improve focus and impulse control through physical activity.

Week 7: Integration & Competition (Sessions 13-14)

Objective: Integrate all skills into complex scenarios.

Session 13: Integrating Skills: Role-Play Application

- **Content:** Complex role-plays incorporating triggers, negative thoughts, assertive communication, and time-out use.
- **Techniques:** Comprehensive Role-Playing, Reinforcement.
- **Executive Goal:** To test competence in using the full skill set together.

Session 14: Recreational Activity: Football for Sportsmanship

- **Content:** A football match focusing on applying anger control strategies, respecting opponents, and accepting outcomes.
- **Techniques:** Reinforcement, Modelling.
- **Executive Goal:** To test emotional control in a high-arousal team competition.

Week 8: Consolidation & Closure (Sessions 15-16)

Objective: Summarize learning, plan for the future, and end the program positively.

Session 15: Review and Relapse Prevention

- **Content:** Group discussion on most useful skills, identifying future challenges, creating a personal "anger management plan."
- **Techniques:** Socialization, Reinforcement.
- **Executive Goal:** To empower participants to continue application after the program ends.

Session 16: Closure and Celebration

- **Content:** Sharing positive feedback, awarding certificates of participation, and a final recreational activity/snack.
- **Techniques:** Positive Reinforcement.
- **Executive Goal:** To reinforce achievement and create a positive final impression of the experience.