

Lesson 13:

What's the Most Important Thing You Learned?

Purpose.....

This summary learning activity helps students review the key elements in self-control and anger management by writing and discussing with one another the most important things they learned from the prior lessons.

Time.....

40 - 55 minutes

Materials.....

whiteboard or flipchart; writing materials for each student

Directions.....

1. **Initiate the activity** by acknowledging the students for their enthusiastic participation as they learned many pointers about how to control themselves and manage their anger in the prior lessons.
2. **Direct the students to form groups of four.** Distribute writing materials and explain the procedure: *"Today we are going to review and summarize all of the things we have learned together. Write your name at the top of the paper. Then, under your name, take one minute to write down what has been the most important thing you have learned about how to develop your personal power by controlling yourself and managing your anger."*
3. **Briefly review the names of the lessons** and what they entailed that the class has experienced in order to jog memories. Then give the students the signal to start writing.
4. **Rotate papers.** After one minute ask the students to hand their paper to the person on their right. Explain that in the next minute they will write the same statement or another one on their neighbor's paper. Continue this process until every student in each group of four has written on every other student's paper.