



SCHOOL NURSE DISCUSSION GUIDE

Understanding and Responding to Anger

This discussion guide helps school nurses think through how to respond calmly and compassionately when students or adults show signs of anger. It can be used in group discussions or for personal reflection. Choose the questions that make the most sense for your team.

Icebreaker Questions

- Are you noticing more students or adults showing signs of anger than in the past? What do you think might be contributing to this increase?
- What's your first emotional and physical reaction when encountering an angry student?
- What past experiences have shaped how you respond to anger in others?
- When supporting students with anger, what parts of the interaction are you most comfortable with? What parts feel more challenging?

Strategy Reflection Questions

- What anger management strategies can be taught preventatively to students?
- Think of someone who handles angry students or adults well. What do they do—what's their body language, tone, or choice of words?

What Strategies Have Been Helpful When Working With:

- Elementary students?
- Middle or high school students?
- Parents or other adults?
- How can we encourage students to practice these skills regularly, not just in crisis?

School Protocol Questions

- What protocols could your school or district create or clarify to better support your response to an angry student or adult (e.g., clear identification of others that should be involved in situations, shared strategies that include the school nurse)?
- What low-cost tools (visuals, stress items, calming phrases) could support students in your space?
- How can you collaborate with other school staff (counselors, teachers, administrators, resource officers) to support students with anger challenges?

Personal Wellness and Self-Regulation

- The toolkit emphasizes the importance of managing your own emotions first. What techniques help you stay calm and regulated when supporting someone in distress?
- What's helped you care for yourself after dealing with a situation involving an angry student or adult?

Conclusion

- What's one thing you'll do differently after viewing the module or participating in today's discussion?