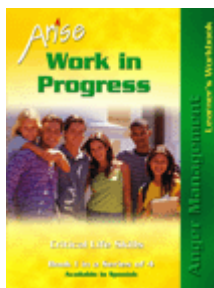


# It's Easy to View Sample Pages of ARISE Life Skills Curricula

All ARISE Life Skills Instructor's Manuals in the [Online Store](#) have links to sample pages so that you can preview some of the lessons before purchasing the book(s). These pages are FREE to view and download—see the image below for instructions on how to access this free information:

This image was taken from the [ARISE Work In Progress Book 1: Anger Management - Instructor's Manual](#) web page. Follow the instruction in the **red** box below to view the free sample lesson pages.

## ARISE Work in Progress Book 1: Anger Management - Instructor's Manual



This book contains interactive lesson plans to avoid aggression, learn about the types of anger, communication and much more. 1 of a 4-book series. Also available in Spanish. A social skills blueprint teens will use to build a solid future.

Product ISBN: 1-58614-197-x

Price \$ 29.00

[Add to Cart](#)

[Download sample pages \(PDF\).](#)

[Learner's Workbooks Also Available.](#)

When disaster comes calling, what better weapon is there than well-tuned communication skills for avoiding hand-to-hand combat? Basic training on managing aggressive behavior and anger and how to recognize and control these dangerous impulses. This short course is interactive and informative. Participants learn the finer points of handling peer pressure problems, too.

This book contains 9 chapters, 57 pages of activities, 3 review activities, 2 vocabulary pages, 3 section quizzes, 2 assessment pages, and 1 answer key pages.

### ARISE Work in Progress Book 1: Anger Management contains interactive lessons on the following topics:

Aggressiveness	Bullies
Peer pressure	Respect
Types of anger	Communication and listening
Avoiding fights	Mediation
Body language	

### Related material:

[ARISE Anger Management Lessons](#)

### This product can also be found in

1. [ARISE Work in Progress Series](#) \$99.00
2. [ARISE Life-Skills Sampler](#) \$89.00
3. [ARISE Work in Progress: Anger Management - Group Package](#) \$299.00
4. [Anger Management Promotional Package](#) \$120.00

Click the **“Download sample pages”** link located under **ALL** ARISE Instructor's Manuals in the Online Store for a FREE look at ARISE Life Skills sample lesson pages.



### ARISE Testimonials

[Click here](#) to see what teachers, learners, congressmen and women, and several ARISE supporters all have to say about the ARISE Life Skills Curricula.