



**Rubric for Understanding and Healing Aggression**  
**To accompany Peace Literacy Lesson Plan 1**  
**(available at [peaceliteracy.org](http://peaceliteracy.org))**

**Skill #1 - Learn how to see aggression as a distress response**

| <b>Criteria</b>  | <b>Level I Competency</b>  | <b>Level II Competency</b>  | <b>Level III Competency</b>   | <b>Level IV Competency</b>  |
|--|--|---|---|---|
| <p>Individual is developing self-awareness of distress when acting aggressively or thinking aggressive thoughts.</p> <p><b>Teacher self-check:</b><br/>Are you modeling this for your students and colleagues? 😊</p> | <p>Can recognize feelings of distress underlying aggressive thoughts and actions <b>after</b> conflict/incident has occurred.</p> <p><b>Depth/consistency:</b><br/>You might have deep competency at this level but not at other levels, and not all the time.</p> | <p>Can recognize feelings of distress <b>during</b> the conflict/incident and is able to <i>attempt</i> to stop or minimize the behavior during the conflict/incident.</p> <p><b>Depth/consistency:</b><br/>You might have deep competency at this level but not at other levels, and not all the time.</p> | <p>Can recognize feelings of distress before aggression or aggressive thoughts. Can redirect these thoughts or actions and keep them from occurring.</p> <p><b>Depth/consistency:</b><br/>You might have deep competency at this level but not at other levels, and not all the time.</p> | <p>Can recognize that this skill is context dependent – that is we can be skilled at this in some contexts but not others. Can exercise self-compassion when skill levels fluctuate.</p> <p><b>Depth/consistency:</b><br/>You might have deep competency at this level but not at other levels, and not all the time.</p> |