MINDING EMOTIONS

FEELING MAD



BLUE OWL BOOKS

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, learn how to feel empathy, create and achieve goals, and make good decisions. Strong lessons and support in SEL will help children establish positive habits in communication, cooperation, and decision-making. By incorporating SEL in early reading, children will have the opportunity to explore their own emotions, as well as the different ways others manage theirs.

BEFORE READING

Talk to the reader about feeling mad.

Discuss: What does feeling mad look like to you? What happens to your body when you feel mad? What are other words you can use to describe feeling mad?

AFTER READING

Talk to the reader about healthy ways to handle anger.

Discuss: What are some good choices you can make when you're feeling mad? How can you help a friend who is feeling mad?

SEL GOAL

It is important for children to understand that feeling mad is normal, but there are healthy ways to manage anger appropriately. As a class or group, practice ways to focus on breathing. Explain how this technique can help diffuse angry feelings. Show students how to breathe slowly and deeply, in through their noses and out through their mouths. Focusing on breathing is a simple and very effective method for calming down.

For Review Only

TABLE OF CONTENTS

CHAPTER 1
What Is Anger? 4

CHAPTER 2
Coping with Anger 6

CHAPTER 3
When Others Are Mad 14

GOALS AND TOOLS
Grow with Goals 22
Writing Reflection 22
Glossary 23
To Learn More 23
Index 24



For Review Only

CHAPTER 1

WHAT IS ANGER?

It is normal to feel angry sometimes. Maybe you feel angry when you are told no. Maybe you and your friend **argue** about what game to play. You get **upset**.



For Review Only



Maybe you feel angry when you lose. You may get frustrated. To feel angry is to feel mad. It can be hard to feel happy in these **situations**.

For Review Only

CHAPTER 2

COPING WITH ANGER

There are many different ways your mind and body can feel when you're mad. Your stomach might feel tight. Your heart might pound. Maybe you feel **tense**.



For Review Only



Your face might get hot and red. You might make tight fists. You might **scowl**. These feelings and responses are normal. How you **cope** is important. Maybe you lose your **temper**. You might stomp your feet. You might kick or yell. These are not good ways to cope with anger.

For Review Only



Preview Only



Instead of yelling, say how you are feeling out loud. Talking about your feelings can make you feel better. It can calm you down. It may help others understand.

For Review Only

GOALS AND TOOLS

GROW WITH GOALS



It is important to learn how to cope with anger in a positive way.

Goal: Move your body! The next time you feel mad, try kicking or throwing a ball outside. Exercise can calm your mind down.

Goal: Count! When you feel angry, try counting out loud. Count your fingers and toes.

Goal: Pause! If you're getting mad, pause to take a deep breath. It will help you think before you react.

WRITING REFLECTION



Understanding what makes you feel mad can help you feel better the next time you are angry, upset, or frustrated.

1. Write down one thing that makes you mad.
2. How does your body feel when you are upset? What other emotions do you feel?
3. What is a healthy way to handle your anger?

For Review Only

GLOSSARY

argue
To disagree in talking about or discussing something.

clenches
Closes or holds tightly.

cope
To deal with something effectively.

emotions
Feelings, such as happiness, anger, or sadness.

glares
Looks at someone in an angry way.

patience
Able to put up with problems and delays without getting angry or upset.

react
To behave in a particular way as a response to something that has happened.

scowl
To make an angry frown.

situations
Circumstances that exist at a particular time and place.

soothe
To gently calm.

temper
A calm state of mind.

tense
Stretched stiff and tight.

upset
Disturbed or very unhappy.

TO LEARN MORE

Finding more information is as easy as 1, 2, 3.

1. Go to www.factsurfer.com
2. Enter "**feelingmad**" into the search box.
3. Choose your cover to see a list of websites.



For Review Only