YOU'VE GOT A FRIEND

WHEN YOUR FRIEND IS ANGRY



BLUE OWL BOOKS

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children grow their self and social awareness. They will learn how to manage their emotions and foster empathy toward others. Lessons and support in SEL help children build relationship skills, establish positive habits in communication and cooperation, and make better decisions. By incorporating SEL in early reading, children will have the opportunity to explore different emotions, as well as learn ways to cope with theirs and those of others.

BEFORE READING

Explain to the reader that anger is an emotion everyone experiences.

Discuss: What causes you to become angry? How do you feel when you are mad? How do you act? Do you notice other people acting the same way?

AFTER READING

Talk to the reader about how to recognize when someone else is angry.

Discuss: How should you approach a friend who is angry? What should you do or say? How can you help a friend who is upset?

SEL GOAL

Young students struggle to understand their own emotions, and it's even more difficult for them to recognize how someone else is feeling. Being able to spot clues in a friend's body language and actions will help improve their social awareness skills. Lead a discussion about how students feel when angry and what helps calm them down. This will help students learn how to approach and communicate with a friend who might be feeling upset.

For Review Only

TABLE OF CONTENTS

CHAPTER 1
Recognizing Anger 4

CHAPTER 2
Understanding Anger 10

CHAPTER 3
Responding to Anger 14

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

For Review Only



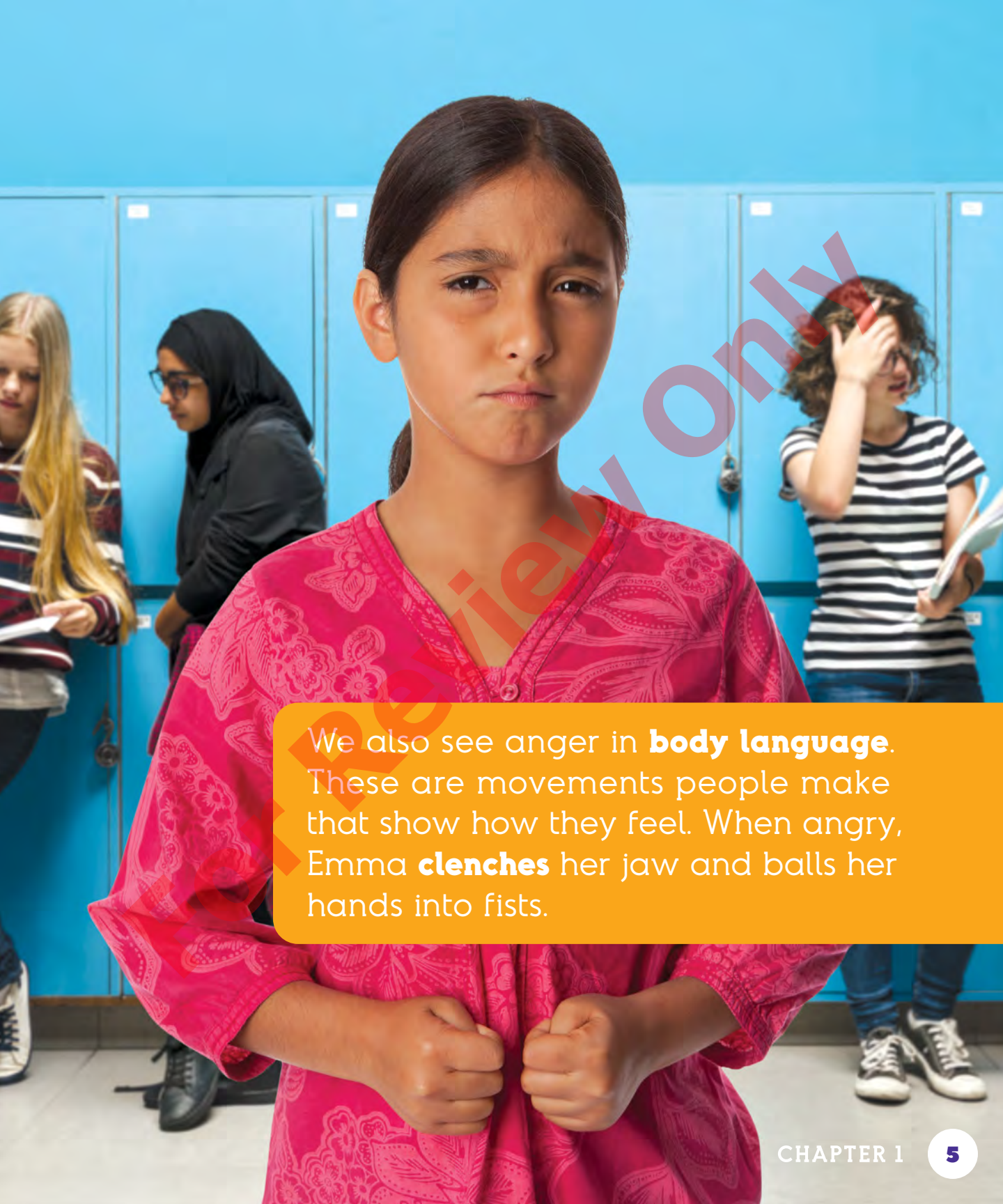
CHAPTER 1

RECOGNIZING ANGER



What does an angry face look like? We **glare**. Our eyes narrow. When angry, our nostrils **flare**. We might wrinkle our noses. Our lips tighten and get thinner.

For Review Only



We also see anger in **body language**. These are movements people make that show how they feel. When angry, Emma **clenches** her jaw and balls her hands into fists.

Preview Only

Drew shouts and yells when he is angry. Another friend might stomp her feet or **pace**. Others shake their arms.

How do you **react** when you are angry? How have you seen your peers or friends react?



For Review Only



For Review Only



For Review Only



Liz said something hurtful because she was angry. She did not mean to be unkind. She was frustrated. Anger can cause people to lash out. People sometimes have a hard time understanding their feelings of anger.

MIXED SIGNALS

Different **emotions** can look similar. A friend might frown when sad. He or she could also frown when angry. Shouting or yelling could mean anger or fear. Look for more than one sign to understand what someone is feeling.



For Review Only

GOALS AND TOOLS

GROW WITH GOALS

Everyone gets angry for different reasons. Recognizing how you feel when angry will help you understand friends when they are mad.



Goal: Draw a picture of a face. Then draw the same face but show it as angry. Note the differences.

Goal: Write about a time you were angry. What made you mad? Did someone help you calm down? What did they do to help you?

Goal: Think about times you have seen friends angry. Are there ways you could have helped them?

WRITING REFLECTION

Look into a mirror and make an angry face.



1. What about your facial expression changed?
2. Make a list of things that you have felt angry about.
3. Do you feel you had a reason to be angry? Why or why not?

For Review Only

GLOSSARY

accept
To agree that something is correct, satisfactory, or enough.

argue
To disagree in talking about or discussing something.

body language
The gestures, movements, and mannerisms by which people communicate with others.

clenches
Closes or holds tightly.

defend
To give the reasons for something.

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

flare
To widen, as in a person's nostrils.

glare
To look at someone in an angry way.

motivate
To encourage someone to do something or want to do better.

pace
To walk back and forth.

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

solution
An answer or means to solving a problem.

TO LEARN MORE



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

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

For Review Only