



**We All Get Mad
(sometimes)**

TEACHER'S GUIDE



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Lessons & Activities

What Makes Me Mad?

Subjects: Social
Grades: pre K - 3
Style: Visual/Auditory/Experiential/Kinesthetic

Concepts:
Children will identify what makes them mad.

Lesson:
Measuring Mad

In this lesson plan children explore what makes them feel mad. By understanding what makes them feel mad, children can identify and learn the signals that precede it and take control faster.

Mad Meter

1. Pass out the worksheet below.
2. Have children write the three things that make them mad on the top three lines.
3. Have children write the three things that are the most relaxing to them on the bottom three lines.
4. Have the children color the thermometer using their favorite calm colors and angry colors.

Mad Maze

As an additional activity have the children navigate the maze from angry to calm.



Lessons & Activities

Breathing Exercises

Subjects: Social
Grades: pre K - 3
Style: Visual/Auditory/Experiential/Kinesthetic

Concepts:

Children will identify how to identify an angry feeling in themselves and in others.

Lesson:

In this lesson plan children will learn how to breathe deeply and practice relaxation.

Scents

1. Collect things that smell good.

IDEAS: A cotton ball with vanilla extract. Pine cones. Peppermint candy. Scented candles. Scratch and sniff stickers. Orange or lemon zest. Air freshener sprayed onto a paper towel.








2. Ask the children to choose a scent they like and then take 5 deep breaths through their nose. With each breath silently count to three then exhale. The smell will encourage the children to take deep breaths through the nose.

3. Have the children exhale slowly each time they take a deep breath.








4. Additionally, you can use candles as a way to practice breathing out. Have the children hold unlit candles in front of them and pretend to blow out the flame.

5. Next have the children close their eyes and think about something that makes them calm. Use the provided worksheet to help the children imagine what makes them feel calm.

Feelings Chart for Boys

	sunday	monday	tuesday	wednesday	thursday	friday	saturday
What I felt							
What I did							
This week I felt mostly: _____							

Feelings Chart for Girls

	sunday	monday	tuesday	wednesday	thursday	friday	saturday
What I felt							
What I did							
This week I felt mostly: _____							



Discussion Questions

After watching the video, ask students to write their answers to the following questions on a separate piece of paper or discuss the questions in a group or one on one setting.

Learning Styles: Auditory, Verbal

Intelligences: Verbal/Linguistic, Interpersonal

Catch Your Anger, Then Cool Off

1. Can anger make you do or say things that are hurtful?
2. What are a few of the ways Katie can tell she is feeling angry?
3. What happened differently when Katie caught her angry feelings?
4. What are some ways that you can tell that you are getting angry?
5. How did Katie cool off? Can you think of other ways to cool off?

Move Your Body

1. How did walking away help Anthony at the playground?
2. How did Anthony cool off?
3. What are some other ways you can move your body to cool off?
4. Have you ever felt angry at someone like Anthony did? What did you do? What did you learn by watching Anthony handle his anger?

Talk About Your Angry Feelings

1. What happened to Sue when her brother and friend came into the room?
2. When Sue told her friend about her angry feelings what happened?
3. Why is it a good thing to tell a grown up about your angry feelings?

General discussion:

Name one way you will try to catch your anger the next time you get angry.

Tell a friend how it made you feel the last time your were angry.

Listen to your friend tell you what it was like when they got angry

Does your body feel different when you are angry? Look in the mirror and make an angry face then count to ten. How did counting to ten make you feel?

What are some words you use to describe feeling angry?

Mad Maze

NAME: _____ DATE: _____

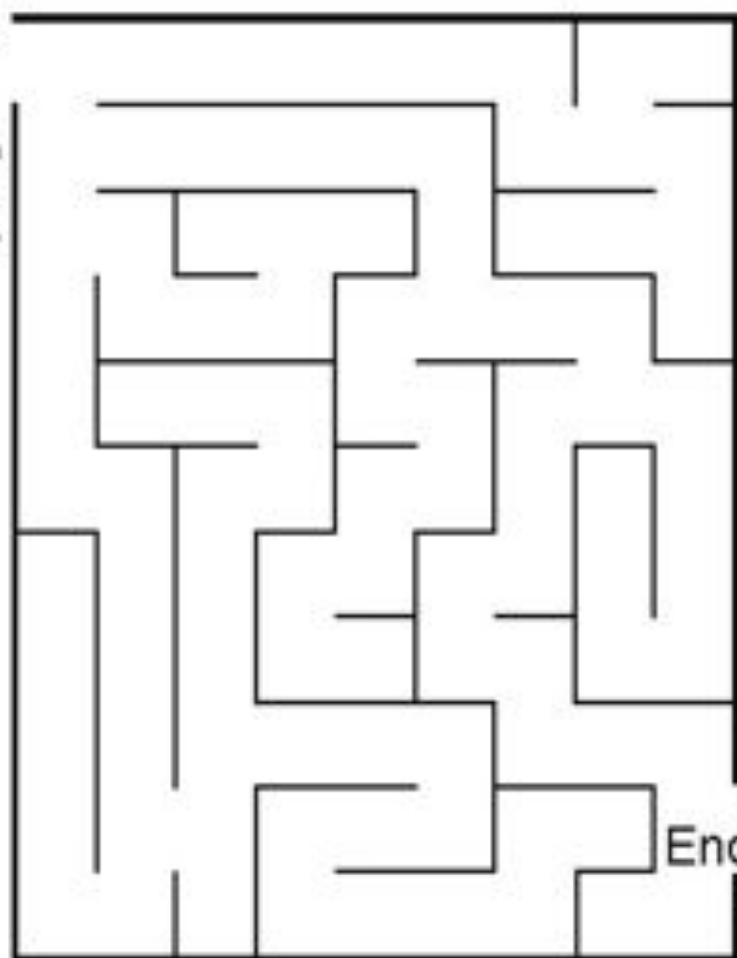
DIRECTIONS:

Help the monsters go from angry to calm by finding your way through this maze.



Start

When you
feel mad
and angry...



remember to
breathe deep
and stay calm

End





DIRECTIONS: Color in the thermometer with calm colors at the bottom and angry colors at the top. List three things that make you mad, and then list three things that make you calm.

Things That Make Me Mad

MAD

CALM

Things That Help Me Relax