FEELING MAD

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.

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?

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published by: **jump!**