

YOU'VE GOT A FRIEND

WHEN YOUR FRIEND IS ANGRY

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.

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?



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