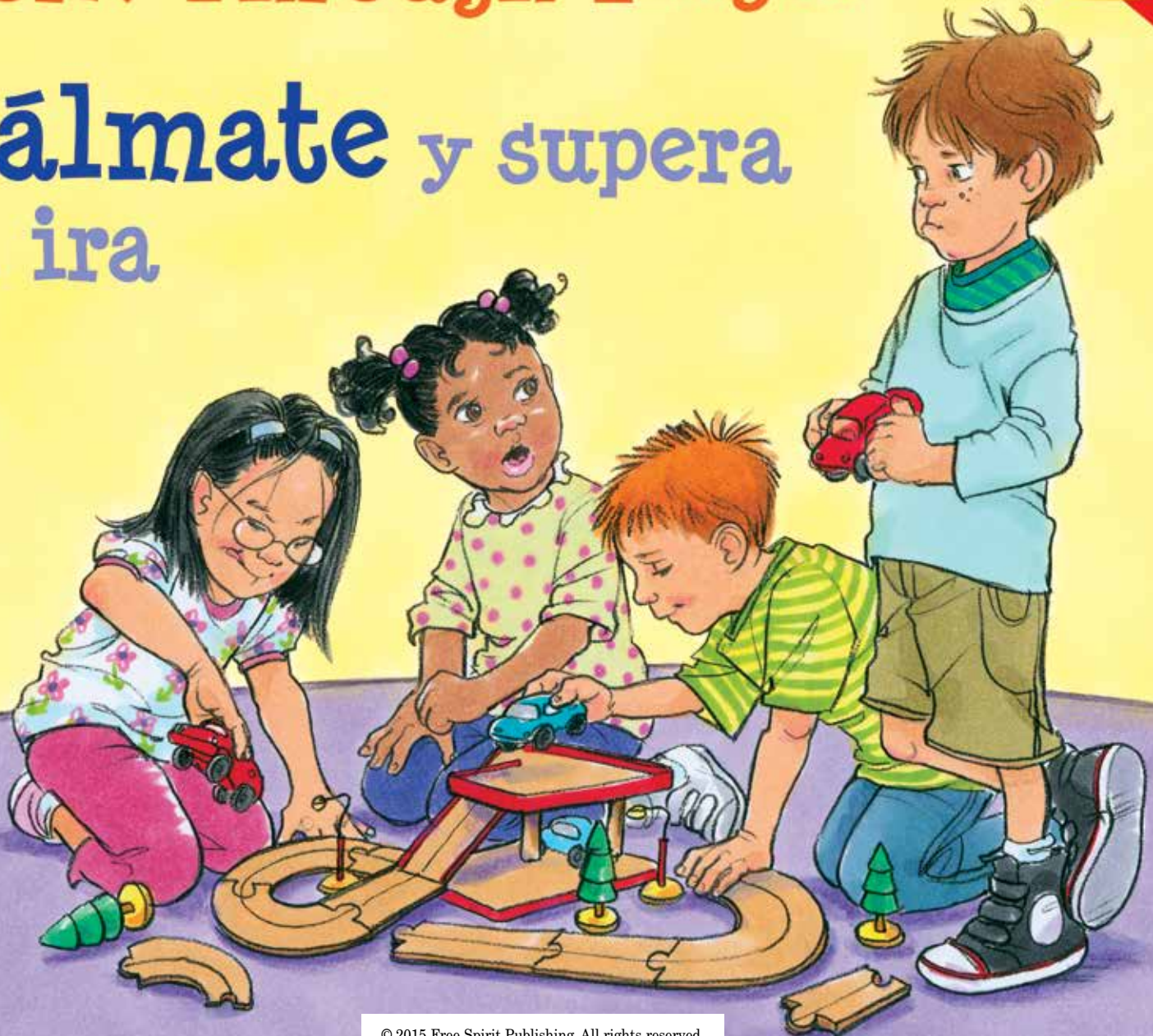


Cool Down and Work Through Anger

Cálmate y supera la ira

Includes Activity Guide for Adults!

¡Incluye guía de actividades
para adultos!



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Cheri J. Meiners, M.Ed.



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Ilustrado por Meredith Johnson

Traducido por Ingrid Paredes

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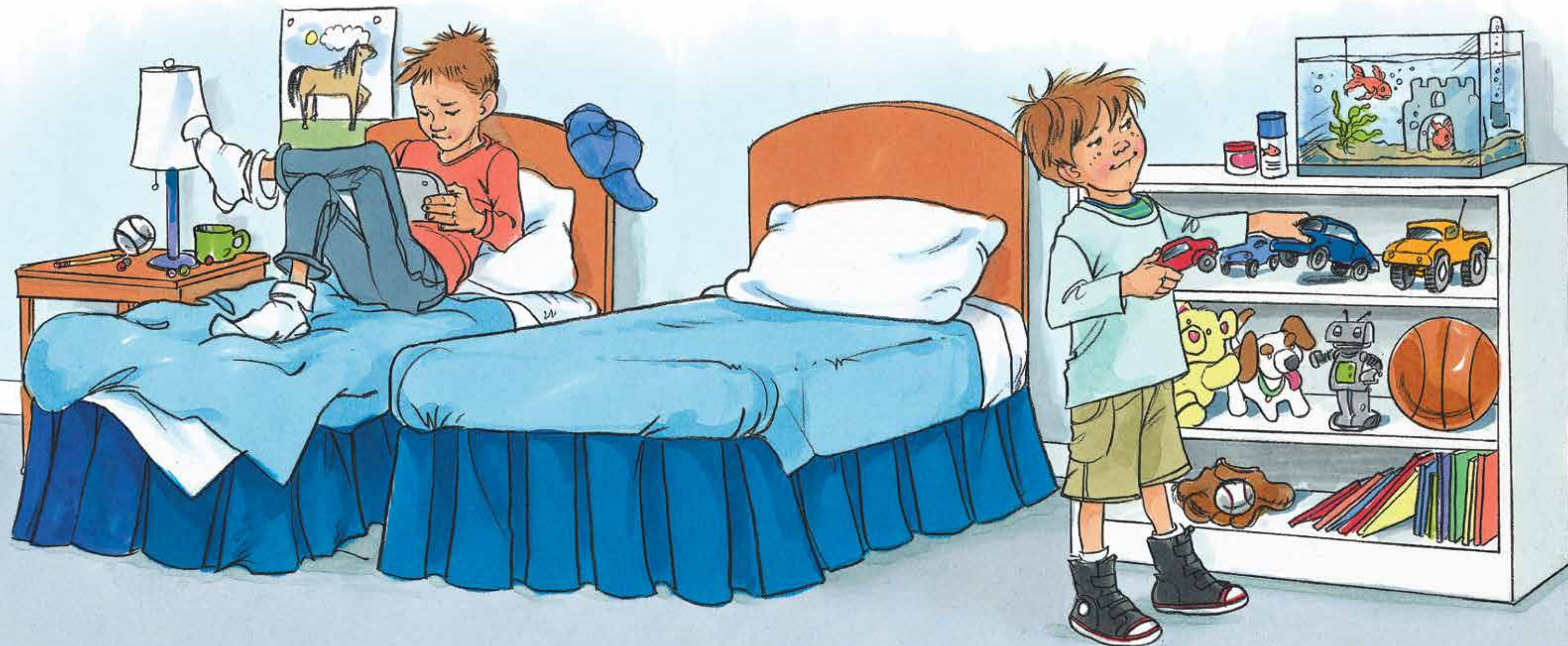
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I like to feel in charge of some things.

Me gusta sentirme a cargo de algunas cosas.



I might feel sad or frustrated when things don't go my way,

Quizás me sienta triste o frustrado cuando las cosas no salen a mi manera,



or when I can't have or do something I want.

o cuando no puedo tener o hacer algo que quiero.



Ways to Reinforce the Ideas in *Cool Down and Work Through Anger*

As you read each page spread, ask children:

- What’s happening in this picture?

Here are additional questions you might discuss:

Pages 1–11 (understanding anger)

- What does it mean to be in charge of something? What are some things you like to feel in charge of?
- How does it feel when things don’t go your way?
- What is respect? (*You might explain respect by saying, “People show respect when they treat others politely and kindly. It is respectful to treat other people the way you would like to be treated.”*)
- When is a time you felt angry? What did it feel like?
- What are some things you might feel like doing when you are angry? How can losing your temper hurt someone or hurt the person’s feelings? How can it cause more anger?
- Why doesn’t it help to keep your anger shut inside you? (*It can lead to health problems like stomachaches or headaches; it can build and lead to more anger or depression; it’s harder to get along with people if you don’t talk to them and let them know how you feel.*)

Pages 12–19 (processing anger)

- Let’s take a big, slow breath, like blowing a balloon up in your tummy. (*Demonstrate inhaling and exhaling slowly. Have children imitate you as you breathe with them.*) How do you feel after taking a big breath?
- What does it mean to calm down or cool down? What are some ways to calm down? (*Discuss “Cool-Down Strategies” on page 33 and other ideas children suggest. Model and briefly practice the techniques with children.*)
- How can it help to think over what happened and what you can do? How can that help you feel less angry?
- Who are some grown-ups you can talk to when you need help?

Pages 20–31 (resolving anger)

- What are ways to show respect as you tell someone how you feel? (*Look at the person. Talk calmly. Talk in a polite tone of voice, and not too loud or too soft. Take time also to listen.*)
- How do you feel when you try to understand another person’s view (how someone else is feeling)?
- When is a time you said, “I’m sorry”? How did you feel afterward?
- What does it mean to forgive someone? (*It means that you really feel okay about things now; you don’t feel like blaming the person anymore.*)
- In what way can forgiving someone help you? How does it help you get along with the person? How might remembering your own mistakes help you forgive someone else?
- What are some things that you can’t change? What does it mean to accept things that you can’t change?
- How can changing the way you think about someone help you feel less angry?

Games and Activities for Resolving Anger

Read this book often with your child or group of children. Once children are familiar with the book, refer to it when teachable moments arise involving frustrating situations that may cause anger. Make it a point to notice and comment when children communicate and handle their emotions appropriately. In addition, use the activities on pages 33–35 to reinforce children’s understanding of how to recognize, process, and resolve their anger.

Before beginning the games on pages 33–35, make three index-card sets: “Cool-Down Strategies,” “Strategies for Working Through Anger,” and “Sample Scenarios.” Write the ideas below (or similar ideas) on individual cards. Illustrate the cards with drawn, cut-out, or computer-generated pictures. On the back of each card, code the card with a color or number to correspond with the type of card it is (such as blue or the number 1 on “Cool-Down Strategies” cards). Put each card set in a separate bag.

Cool-Down Strategies (18)

- Count to 10, or take big breaths.
- Draw a picture with markers.
- Read this book, or a book you enjoy.
- Take a walk or play a game outside.
- Smile or laugh about it.
- Blow bubbles, or play with water.
- Turn on soft music and move around with a scarf.
- Dim the lights and lie down to rest.
- Sing a favorite song to yourself.
- Do yoga stretches.
- Pretend to be a big balloon. Fill up with air. Then relax and let out the air.
- Give (and get) a hug.
- Walk away until you feel calm.
- Think about a happy time.
- Make something with blocks or paint.
- Swing on a swing.
- Squeeze a Koosh ball or play dough.
- Find a quiet place to think things over.

Strategies for Working Through Anger (10)

- Talk and listen to the person you feel angry with.
- Look at the problem in a different, more helpful way.
- Decide to forget about it and let it go.
- Talk to a friend or an adult you trust.
- Draw a picture or write in a journal.
- Forgive the person.
- Accept that you can’t change some things.
- Apologize for getting angry or for your part in the problem.
- Talk to a doll or pet.
- Find a way to make things better.

Sample Scenarios (10)

- Vincent’s brother changed the TV channel he was watching.
- Ketty’s tower of blocks fell when she put on the top block.
- A girl took a pencil from Omar’s desk.
- Erin’s younger brother played in her room and broke her favorite toy.
- Some older kids on the playground called Michael names.
- A boy got in front of Zoey in the line for the drinking fountain.
- Dolapo lost at the board game he played with his friends.
- Girls playing jump rope told Raisa that she couldn’t play with them.
- A sister borrowed Ben’s soccer ball without asking.
- While playing kickball a child kicked Mariah’s leg.

Cool-Down Time

Using the “Cool-Down Strategies” cards, have a regularly scheduled “Cool-Down Time” in your day or week. Let a child draw a card to select the activity.