

ANGRRR

ABOUT:

To gain an understanding of what makes children angry, I polled my grandchildren. The unanimous decision was getting blamed for something they didn't do and not being able to convince others of their innocence. I thought about this while watching Winston stare out the window. He is always on the alert when anyone or anything dares walk in his yard or pass by on his street. As I always do I asked myself, "What if?" From this question, Bandit the Bulldog was created to be the antagonist character in the story.

PURPOSE:

Feeling anger is natural and okay. But it isn't okay to hurt ourselves or others because, as we learned in the previous story, there will be consequences. The goal of this story is to help children differentiate between feelings and behavior, as well as develop coping skills.

SUGGESTIONS:

Have strategies in place to help develop coping skills. Simple things like taking deep breaths, even blowing up a balloon helps to relieve built-up emotions. Creating artwork gives a different focus, so have supplies on hand such as watercolors, coloring books, or clay to sculpt. Playing games or funny animal videos relieve their minds. Then, when the storm clouds of anger dissipate, they will be ready to talk with you about their feelings. Expressing feelings and talking about emotions is a cornerstone of lifelong social-emotional development.

IDEAS:

Talk trash.

- Explore recycling. This link has a lot of fun ideas:
<https://www.ecoandbeyond.co/articles/teaching-kids-about-recycling/>
- Talk about the impact litter has on animals and the planet.

Not all litter is bad. Leaf litter is good. Do an environmental study.

- Explore how fallen leaves help nature.
- Have an outdoor scavenger hunt. List things around your area for children to find.