

**WHEN SOPHIE GETS ANGRY---
REALLY, REALLY ANGRY...
K-3**

Written and Illustrated by Molly Bang

Published by Scholastic Inc.

Story Summary

Everybody gets angry sometimes. For children, anger can be very upsetting and frightening. In this book by Molly Bang, children will see what Sophie does when she gets angry. Different people handle anger in different ways and this book will serve as a good introduction to many discussions on the topic.

Objectives

1. To validate feelings of anger that we all sometimes have.
2. To explore different ways of dealing with anger.
3. To differentiate between acceptable and inappropriate ways of dealing with anger.
4. To recognize the temporary nature of anger.

Before viewing the video

Tell the children that they will be viewing a video about Sophie, a girl who becomes angry. They will see what Sophie does to help make her feel better. Ask the children to think about what makes them feel angry. Tell the children that after the video is over they will have an opportunity to talk about what makes them angry and how they can work to solve this problem.

Questions to ask after viewing the video

1. What made Sophie angry? Do you think it was O.K. for Sophie to feel angry?
2. What could Sophie's sister have done to make Sophie not so angry?
3. What could Sophie have done when her sister grabbed Gorilla instead of getting so angry?
4. What does Sophie do when she gets angry?
5. What makes Sophie feel better when she gets angry?
6. How does Sophie's family feel when she returns home?

Activities

1. What makes you angry? Elicit from the class a list of what makes the children feel angry. Create a list of appropriate and inappropriate responses to angry feelings.
2. Have a role play between two students of an age-typical situation that causes ill feelings and enact a dialog.
3. What do you do when you get angry? Develop strategies with the class to help determine what is most helpful when someone is angry.
4. Make finger puppets with angry and happy faces for each child. Demonstrate the temporary nature of anger by having the puppets go from angry to happy as the teacher enacts basic scenarios. For example, the angry face is held up at the beginning of the problem and each child decides when the feelings have turned around by holding up the happy face.