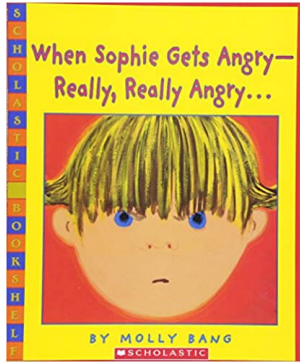


# Cook Books

Recipes for adding some "spice" to your Social and Emotional teaching practices



## **When Sophie Gets Angry - Really, Really Angry...**

By Molly Bang

The Blue Sky Press, New York 1999

This Caldecott Honor book tells the story of a little girl named Sophie, who learns that it's okay to be angry.

Everybody gets angry sometimes. For children, anger can be very upsetting. Parents, teachers, and children can talk about it. People do lots of different things when they get angry. Kids will see what Sophie does when she gets angry. What do you do?

Activities and ideas provided by: Jackie Sprague, Pyramid 802 Plus

### **Vocabulary**

Busy, snatched, fell, screams, roars, explode, runs, birds, fern, climbs

### **Emotions/Feelings Vocabulary**

Angry, cries, feels, watches, comforts, better, glad, welcome

Examples of activities that can be used while reading **When Sophie Gets Angry - Really, Really Angry...** and throughout the day to promote social and emotional development:

- **Discussion during and after reading.** What happen to make Sophie get angry? What did Sophie do? She screams, kicks, roars, runs, cries. Ask the children if they have ever been angry. What does angry look like, sound like? What are other words for angry? Talk about that everyone gets angry and handle anger in different ways. What do you do when you get angry? How does Sophie calm down?
- **Expressions through Art.** Explain to the children that we are doing to draw how we feel. Have children pass out two sheets to each child. Depending on your group, passing out one at a time may work, too. Offer the children crayons or other writing utensils (colored pencils/makers etc.) Ask the children to close their eyes and think of how they feel when they are angry. When ready, have them open their eyes and select colors that remind them of how they feel. (You may want to refer to the book when Sophie gets angry) Have them share their artwork and describe what and how they drew (for example, did they push hard when they drew? Then do the activity again but have them to think of how they feel when they are calm.



- **Calming down ideas.** What is a strategy you use to calm down? Brainstorm ideas for calming down, such as taking deep breaths, (smell the flower, blow the candle), reading Tucker Turtle, doing belly breathe with Elmo, Yoga, going to a calm down spot or cozy corner, pedaling, jumping, running. Practice each idea with the kids and let them choose and talk about the strategies that work best for them.
- **Select two or three calming down strategies.** Have the children help you select the top two or three calming down strategies. Make visuals for each and place in the classroom where all can see. Practice each strategy. Use a mirror for them to see themselves when angry and when calm. Discuss what they see. Ask the children how they feel. Have them place their hand on their heart when angry and again when they are beginning to calm down. What do they notice?
- **Recognizing emotions in self and others.** Have individual mirrors for each child or a classroom mirror in an easily accessible location. Have visuals/photos of faces with facial emotions posted near the mirror as well as duplicate cards available for children to take turns. Have child make a face in the mirror and label with the appropriate visual or select a facial card and demonstrate expression in mirror. Have others make the same face and label expression. "I'm mad, I'm happy, I'm sad, etc." Talk about how kids can help each other when they are feeling different emotions.

## Connecting with Families

To support families with this book, encourage them to read it with their children and talk about what makes them angry and how it makes them feel. Talk about Sophie and what her anger looked like. Ask the children how Sophie calmed down and if they have a way to calm down.

Print out Tucker Turtle for all families and send home after you have read and practiced with children. [https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle\\_Story\\_Home.pdf](https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story_Home.pdf) Ask families to read Tucker and practice calming down strategies.

Make a calm down space at home: take a large box, paint it with child and make it Tucker's home. Place small stuffed animals and/or things to squish inside box. A calm down house for child and Tucker Feeling faces for home. Select and send home one sheet:

[https://challengingbehavior.cbcs.usf.edu/docs/FeelingFaces\\_cards\\_EN-Blank.pdf](https://challengingbehavior.cbcs.usf.edu/docs/FeelingFaces_cards_EN-Blank.pdf)

Ask family to cut out each feeling face square. To play the game, place all photos upside down. Mix them up. The youngest goes first, taking turns with each player. You draw the card and look at the photo. The one holding the card, makes the face like the photo. The player that guesses the correct feeling word, goes next. Play until all cards have been named.