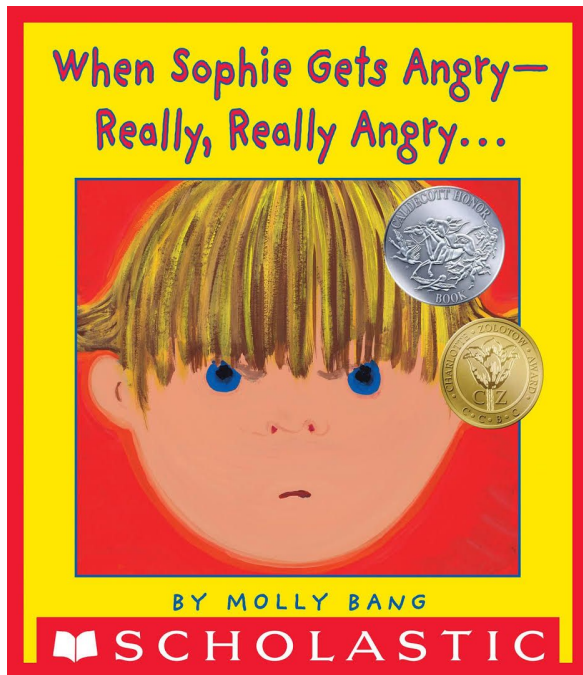


# Book Nook

Created by Cassandra Redding

## Using Books to Support Social Emotional Development



*When Sophie Gets Angry—Really, Really Angry*

by Molly Bang

Scholastic Books

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. In this Caldecott Honor book, kids will see what Sophie does when she gets angry. What do you do?

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

**Before reading:** Have students talk about different feelings, (happy, sad, mad, tired, excited, etc) demonstrate their feelings using their faces/bodies, and then share what they do when they feel angry and what might make them feel angry. Discuss that there are different ways to express anger or show that they are mad. Note the ideas that the students come up with and revisit after reading the book.

**During Reading:** Have students make connections to the conflict between Sophie and her sister. Have they ever had someone take the toy they were playing with or a toy that was theirs? How did they feel? What did they do?

Have the students make the face that Sophie makes on the page in the book that says, “Oh, is Sophie ever angry now!” Before reading the sentence- ask them to predict how

she is feeling and the facial features that show that she is feeling angry (brows down, lips pursed, nostrils flared). Ask students about her red shadow that smashes things, her fire roar, her volcano exploding... how the images show her emotions. What does Sophie do when she gets really, really, really angry?.

Is running appropriate every time? Can we get out of the angry situation without leaving the room or the space in a class? Where can we safely go if we are mad at school, or at home?

What does Sophie do besides run? (cries, distract herself/look at something else, listen to music, do physical activity, change scenery, breathes, re-groups and goes back)

**After Reading:** Have you ever felt like Sophie? Have you tried any of the strategies that Sophie tried? What other strategies do you use when you get angry? What made you feel better? Did you like the drawings? How did they help show Sophie's feelings?

**Centers: Dramatic Play:** Acting it Out- Moving around the space, have the students dramatize how they look when they are angry, what their face looks like, how they sound, etc., around the space. Then, go through a guided imagery exercise to practice calming down and relaxing.

Role play scenarios where students help solve the problem when someone gets angry (fighting over desired object, bumping into someone else, getting in front of someone else in line, etc.).

**Outdoors:** Emotion Freeze Game. Have students run, showing different emotions and freeze on cue. (Run happy, freeze. Walk sad, freeze. Etc.)

**Writing:** Have students make a book with problem solving strategies - pictures, collage, drawings/ideas with the toolkit - so that they can access it with their feelings box when it is needed.

**Art:** Color my emotions- Using the book as a reference, note the colors used to show feelings. Make a little booklet having the students come up with an image that represents sadness, happiness, anger, etc.

**Music:** Songs- If You're Angry and You Know It, I Get Angry, Emotions Song, other songs that the students can record about emotions, such as

<http://www.preschoolexpress.com/music-station09/feelings-songs-april.shtml>

**Literacy:** Emotional ID. Have images of students showing different emotions, and match the pictures to the words, or pictures to pictures like a memory game. (SEFEL pictures, or other stock photos, or pictures from the students in the class)

Emotion synonyms. Have students come up with other words that mean the same thing- mad, angry, growly, frustrated, hot, etc.