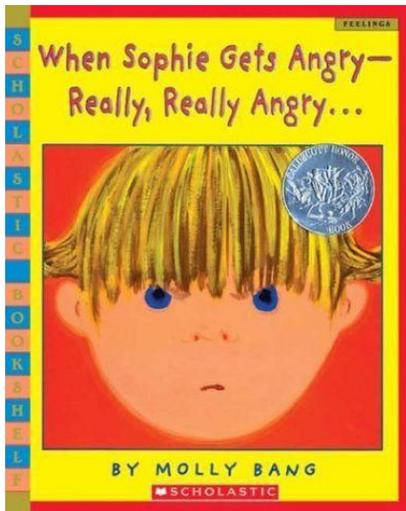


Using Books to Support Social Emotional Development



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

By Molly Bang

Scholastic Books

Sophie is a young girl who lives in a cozy house with her parents and little sister. When her sister takes her toy one day, Sophie gets angry, really angry! Sophie feels her anger deeply, and has her own unique way of dealing with it. Sophie's story tells us that it is OK to feel anger, that it will pass, and that calm and happy feelings will return.

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:

- Before reading the story, explain that Sophie is a young girl who has a little sister. Ask the students if any of them have a little sister or brother at home, and if it is hard to share toys with them. Talk about what could make sharing easier, such as having some toys for sharing and some special toys that are not for sharing.
- Show students the illustrations on pages one and two. Ask students to name the two toys that Sophie is playing with. Ask students "What are your favorite toys?" Make a picture list on the Promethean Board (or on chart paper) of students' favorite toys.
- Before reading the story a second time, introduce a simple 'anger thermometer' on the Promethean Board (or on chart paper). The bottom of the thermometer shows calm blue feelings, then progresses to yellow, orange, and finally red at the top. Explain that sometimes things make us very angry, like Sophie, and sometimes things make us just a little angry. Ask a student to make a mark on the anger thermometer to show how very angry Sophie was feeling. Next, ask students to make a mark to show how they would feel if:
 - they tripped on their shoelace and fell down
 - the play center they wanted was full
 - someone pushed in front of them in line

- their sister ripped their favorite book
- their brother broke their favorite toy

Ask students to recall all of the things Sophie did to help make her angry feelings go away. Make a picture list on the Promethean Board (or on chart paper) near the red portion of the anger thermometer. Now ask students to think of other things they can do to help make angry feelings go away. Assist students in making a picture list that corresponds to the colors on the anger thermometer, such as taking three deep breaths for yellow anger, or pounding on playdough for orange anger. Encourage students to practice these strategies throughout the day.

Feeling Angry

Art: When Sophie gets angry she roars a 'red roar'. Red is her 'angry' color. Let's look at the pictures of Sophie in the tree when the anger leaves her and she starts to feel better. What colors do you see? What color is a happy color for you? Paint a picture using that color; dictate a description of your picture to your teacher.

Movement: When Sophie is really angry the book tells us that, "Sophie is a volcano, ready to explode." Let's look at a short video of a volcano. The lava, like Sophie's anger, builds up inside until it bursts out. Let's pretend to be volcanos with angry lava bubbling up inside. (Crouch down on the floor, clench fists and let the angry lava bubble up with a 'roar'!) Take a deep breath and let your anger leave you as you blow out.

Written Language: At the end of the story Sophie paints a picture of her family. Look at the painting; how do you think the people in the picture are feeling? Why do you think that? Draw a picture of the people in your family. How they are feeling? Ask your teacher to help you write words to label and describe your family.

Music: After reading the story tell the students that Sophie felt angry when her sister took her toy, but at the end of the story she felt happy again. We all feel many different emotions during any given day, and they are all OK to feel. Teach the students a song about emotions, or feelings. To the tune of, "If You're Happy and You Know It..." sing:

If you're happy and you know it.....say hooray!
If you're sad and you know it...say boo hoo!
If you're angry and you know it...say roar!
If you're scared and you know it...say oh no!
If you're sleepy and you know it...say goodnight!