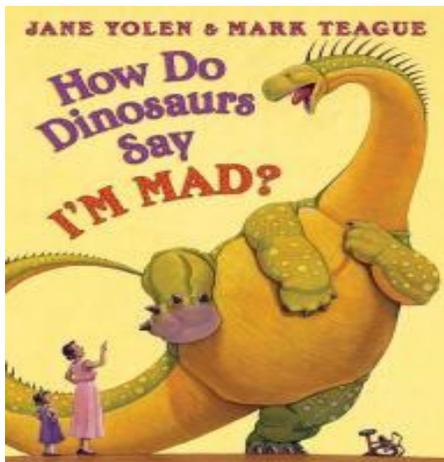




How Do Dinosaurs Say I'm Mad!

By: by Jane Yolen, Mark Teague

Book Nook Project - Rekia Belkhodja



R-O-A-R! What happens when little dinosaurs get mad? And how do they calm down?

Brimming with humor, this sparkling new book handles a timeless children's topic with wit and wisdom. Romp and stomp! Roar and slam! Almost everyone gets angry. But how can young dinosaurs also learn to calm down, take a time out, and behave? The award-winning team of Yolen and Teague has created a fun, engaging book sure to help children handle anger and frustration. Readers will laugh at the antics of an Afrovenator's tantrum and a storming Pachyrhinosaurus. Anger can be difficult to talk about with young children, but even when little dinosaurs are furious, it's important to help them handle their feelings and remind them they are always loved. With the same warmth, charm, and humor in all the bestselling "How Do Dinosaurs" books, here is the perfect way to say, "I'm sorry--and I love you."

The "How Do Dinosaurs Say I'M Mad" story can teach students ways to identify, control, and express their feelings.



Examples of activities that can be used while reading *How Do Dinosaurs Say I'M Mad* and throughout the day to promote social and emotional development:

Story Time: *How Do Dinosaurs Say I Am Mad?*

Read aloud *How Do Dinosaurs Say I Am Mad?* Discuss what it feels like to be Mad.

Introduce vocabulary: slam, boast, grumble, anger.

During the reading:

When reading the story, it is important to stop and identify the dinosaur's emotion and try to understand why the dinosaur is acting the way he is. Below are some questions we may ask the students to check for understanding:

What do you see in the picture?

Tell me about this picture.

What is the dinosaur slamming?

What is the dinosaur doing with his books?

Why does he count to ten?

Why does he say he is sorry?

Students can answer the questions using words, picture cues provided to them, or facial gestures.

After the reading:

1. After reading the story, we need to connect the story to students' real lives and how they react in similar situations. Questions that may be asked after the reading are:
 - How do you feel when you are mad?
 - Give me examples of what you do when you are mad.
 - How do you calm down?
 - What do you do after you calm down?
2. Then using a T-chart, the teacher can label two columns "Inappropriate ways" and "Better ways" to react when feeling mad. The teacher can then review the chart with the students. Keep the chart on the wall to remind students' what they should do, or not do, when they are mad.
3. The teacher needs to emphasize how the book shows appropriate ways the dinosaur could show his feeling as well as showing how he heals relationships he has compromised (such as saying sorry, give a hug....).
4. Some of the ways to calm down and make better choices that can be offered to the students are the following:

Book Nook



- Count to 5-10
- Breathe deeply
- Use a timer while thinking about the behavior
- Take a break
- Do 5-10 jumping jacks
- Find a favorite calming place

5. The following Board Maker picture cues show behaviors to use, or not to use, to calm down.

1: _____

How SHOULD Dinosaurs say I'M MAD

After reading the book *How Do Dinosaurs Say I'm Mad?* circle the A Choices the dinosaurs should make instead



Throw toys



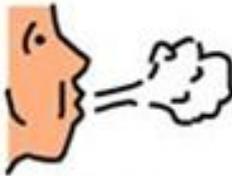
Say "I'm sorry"



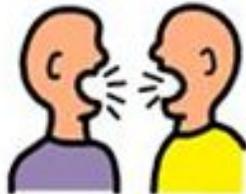
Slam doors



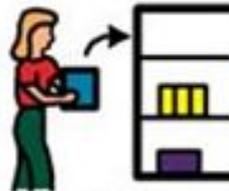
Count to 10



Take deep breaths



yell at teachers



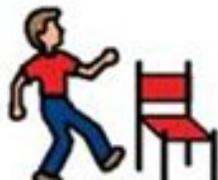
clean up mess



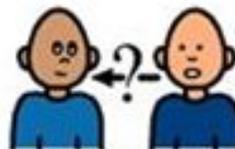
rip books or paper



break pencils



kick a chair



ask for a break



go on a walk



After reading activity:

- Since students need to learn how to understand and express their emotions, we need to help them use appropriate emotional vocabulary to express these feelings. The goal is to teach them how to accurately read their own and other's emotions. These skills must be taught at an early age so students can grow with stronger self-awareness and self-control.
- Students can build a toolbox of ways to deal with anger in a healthy manner.
- Create two spinners with the participation of the students. The first spinner has feeling words or pictures. The second spinner has action words or pictures that tell what actions can help students calm down.

Students can use the spinners with teachers or peers to practice different scenarios and how to react in these situations.

Reading Corner:

- Reading the same book again and again is a great way to provide opportunities for students to develop a sense of understanding of how to control and express feelings when things don't go their way. Practicing can also help students develop competence and confidence, which is an important part of social and emotional development. After students become familiar with the book, it's a good idea to add the book in the reading corner, so students can voluntarily read the book and go back to their favorite part of the story.

Small group

- In small group, practice with students how to become able to turn pages, point at and label pictures, talk about the story, predict what will happen next, learn new vocabulary words, talk about their own experiences in relation to the story, and even make up their own story!

Centers:

- Use puppets to reenact what dinosaurs do when they're mad and how children should act in similar situations.
- Students love to play with dinosaur toys during center time. The teacher can take this opportunity to offer students these toys and ask them to role play the story. Students can also imagine different situations when they feel mad or frustrated and practice their understanding of emotions and how to come up with different solutions.



Book Nook

