



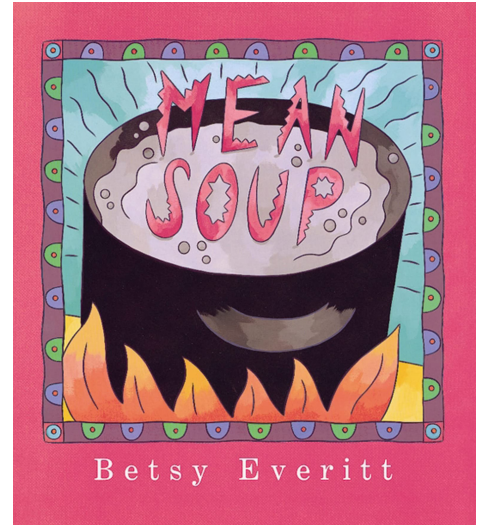
# MEAN SOUP

BETSY EVERITT

Horace has had a HORRIBLE day. Everything that could go wrong, went wrong, and now he is MAD. His mom wants him to help her make dinner- mean soup. Will the soup help Horace feel better?

## Questions:

1. Have you ever forgotten the answer to a question in class and been embarrassed? How did you feel?
2. Why would a love note make someone's day bad? Shouldn't it be nice to hear that someone loves you? If you think it's embarrassing, is that because love is embarrassing, or because people would make fun of you for getting the note? How would it feel if no one made fun of you?
3. Has anyone ever stepped on your foot? How did you feel? Did they apologize? Did that make it better? How would you have felt if they didn't apologize?
4. Have you ever broken anything on purpose when you were angry like when Horace stepped on the flower? Was it the flower's fault? Was it kind to step on the flower? Whose feelings might have been hurt by him ruining the garden?
5. When Horace hisses and growls at his mom meanly, is she mean back to him? Why not? Is it easy to be kind when someone else is being mean?
6. Have you ever screamed when you were angry? How did it make you feel? Did screaming make you feel better? Did you scream at someone or just scream out loud to let some of the mad out? Which is better?
7. How does Horace feel after screaming and growling and banging on the pot? Is it good to do things to make yourself feel better as long as they don't hurt anyone else?
8. What do you do when you feel angry to help yourself feel better? What are other things you can try? Is it okay to do things that hurt other people's feelings, or should you try to find ways to feel better that don't hurt anyone else?
9. When you're angry, does it sometimes help to talk to a friend? If your friend is angry and wants to talk to you about it, should you listen?



As a class, make a list of ways to help yourself feel less angry that don't hurt anyone else.