

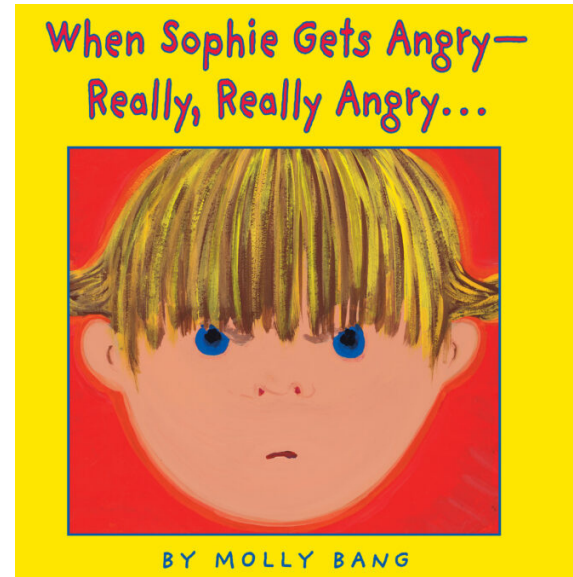


WHEN SOPHIE GETS ANGRY- REALLY, REALLY ANGRY...

MOLLY BANG

SUMMARY

When Sophie gets really, really angry she sometimes doesn't know what to do. Sometimes she makes bad choices and does bad things. Sometimes she finds ways to feel better that don't hurt anyone else. Sometimes she just wants to run away and be alone. What can you do to feel better when you're angry?



Questions:

1. How do you think Sophie felt when her sister grabbed her toy? Has anyone ever done that to you? How did you feel? Have you ever done that to someone else? How did they feel?
2. Have you ever felt angry before? What does it feel like? Is it easy to calm down? What do people do when they get angry? Is it possible to make good choices when you're angry? Is it easy or hard to do?
3. What are some bad things kids do when they are angry? Are there other things to do that can help someone feel better? What calms you down when you are angry?
4. How do you think Sophie felt after she cried? Better, or worse? Sometimes people say that it's not okay for boys to cry. Is that true? Does crying make you weak, or does it just mean you have feelings like everybody else?
5. How do you think Sophie feels when she is climbing the tree and looking at the rocks? Is she still angry? What helped her calm down?
6. Can friends and family help us feel better when we are angry? What if they're the reason we're angry?

MAKE A LIST FOR THE CLASSROOM- WHAT TO DO WHEN YOU'RE MAD. List all kinds of good things you can do to feel better when you are mad. They might not all work for every student, but there's no harm in trying things to see what makes you feel better. You can also make a list of how they can help angry friends feel better.