



Yesterday, something happened that made me feel very angry. My face felt hot, my fists clenched, and my heart beat fast



It happened when my little brother knocked over the tower I was building. I worked so hard on it, and it broke into pieces



I wanted to yell at him, but I remembered that yelling doesn't fix the problem. It might even make him feel sad



Instead, I stopped and took a deep breath. I counted to five in my head. One... two... three... four... five.



I still felt a little angry, so I went to my room to calm down. It's okay to take a break when I feel upset



I squeezed my favorite stress ball. Squeezing something helped my body feel less tight and angry



After a while, I felt calmer. I thought about what I could say to my brother to solve the problem



I went back and said, 'I felt really upset when you knocked over my tower. Can you be more careful next time?'



**My brother said, 'I'm sorry. I didn't mean to break it.'
Hearing that made me feel better**



We decided to build a new tower together. Working as a team made it even more fun!



**Sometimes, I still feel angry
when things go wrong, but now
I know what to do**



**When I feel angry, I can take
deep breaths or count to calm
down**



I can step away and take a break to give myself time to think



I can also talk to someone about how I feel, like a parent or teacher. Sharing my feelings helps



Once I'm calm, I can use my words to explain what upset me and find a solution



Anger doesn't last forever. I've learned how to calm down and make things better when I'm upset



Vocabulary

- Angry

A: A feeling of being excited and happy

B: A strong feeling when something doesn't go the way we want

- Calm

A: Feeling relaxed and peaceful

B: Feeling upset and loud

- Stress Ball

A: A ball you throw to play

B: A soft ball you can squeeze to feel better

- Break

A: Taking time to rest or think

B: Stopping forever

- Solution

A: Ignoring the problem

B: Finding a way to fix a problem



Spellings

A: Clenched

B: Klenched

A: Knocked

B: Nocked

A: Bilding

B: Building

A: Peeces

B: Pieces

A: Yelling

B: Yalling

A: Problem

B: Problam

A: Upsat

B: Upset

A: Skewzed

B: Squeezed



Comprehension

- Why did the child feel angry in the story?
A: Their younger brother knocked over their block tower
B: They didn't like their lunch

- What did the child do first to calm down?
A: Took a deep breath and counted to five
B: Yelled at their brother

- Where did the child go to take a break?
A: To their room
B: Outside to play

- What helped the child feel less tight and angry?
A: Squeezing a stress ball
B: Eating a snack

- What did the child say to their brother after calming down?
A: "I felt upset when you knocked over my tower"
B: "I don't want to play with you anymore"



Open-Ended Questions

- What makes you feel angry sometimes?

- What happens to your body when you feel angry?

- What can you do to calm down when you're angry?

- Who can you talk to when you need help solving a problem?



Creative Activity

- **Draw Your Calm Place**

Ask the child to draw a place where they feel calm and relaxed, like a cozy room or a park

- **Build a “Calm Down Kit”**

Work together to create a kit with items like a stress ball, crayons, paper, and a small toy they can use when they feel angry



Role-Play Activity

- **Scenario 1**

Pretend a toy gets knocked over. Practice taking deep breaths, stepping away, and talking calmly about how they feel

- **Scenario 2**

Act out asking a parent or teacher for help when feeling angry

- **Scenario 3**

Practice solving a problem together, like sharing a toy or fixing something broken