

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

by Molly Bang

Caldecott Honor book (2000). Vivid colors and rich text are a highlight in this simple story about anger.



Read

Before:

Introduce the book and tell the children a little bit about it. Follow that with a comment or question that is related to the story such as, *Sophie climbs a tree when she gets angry. What do you do when you get angry?* Encourage a discussion so the children can comment, ask questions, and express their feelings. Set the stage for listening by asking an "I wonder" statement based on the cover illustration.

- I wonder why this girl looks so mad?

During:

Encourage the children to comment on the illustrations, ask questions, and predict what will happen next in the story. Children gain confidence and a sense of achievement through being able to correctly predict how a story will end. Point out "rare words" (e.g., those words that are not commonly used in every day conversation) and help the children relate the meaning in a way that makes sense to them.

Rare Words in *When Sophie Gets Angry - Really, Really Angry...*

- snatched: to grab something quickly
- smithereens: very small broken pieces
- volcano: a natural opening in the Earth through which hot lava, gas, and solid material is ejected
- explode: blow up or burst
- ferns: a plant with no flowers
- comforts: make someone feel relaxed

After:

Discuss the story. Ask questions...

- How many of you have siblings? Do you ever play with your siblings' favorite toy?
- How many of you have a favorite toy? What is it?
- Do you have to share your favorite toy with your siblings?
- Sophie didn't just get mad. She got *really* mad. Do you ever get really mad?
- Sometimes crying can make you feel better. Why is that?
- What were some of the things that calmed Sophie down?

Do

Mad Hatter

Purpose: To handle anger in a constructive way.

Materials: Old hat; recipe cards; a marker; old magazines; scissors; a hat.

Procedure: Discuss with children appropriate things that they can do when they feel angry or unhappy. Write down their answers on a recipe card. Draw a picture or paste onto the card a picture that coincides with each action. Put all the recipe cards into a hat.

Explain to the children that when they feel angry or upset, they can draw a card out of the hat and do the activity shown. If they are not interested in the card they choose, they can create their own activity, as long as it is appropriate.

Note: The Mad Hatter should be available for use only during free play, since some children may use it as a way to avoid group activities.

Rice, Judith Ann (1995). *The Kindness Curriculum, Introducing Young Children To Loving Values*.