

I Was So Mad





SET THEME: I Have Feelings

Build Social and Emotional Intelligence

Use the following tips to help children manage and express anger:

- Provide outlets for them to physically release anger. This could be a trampoline, space to run around, or energetic music to dance to.
- Teach them to explain and verbalize their feelings. Help them figure out what triggers their anger.
- Find objects that help children calm down, such as a favorite stuffed animal or blanket.

Editor: Molly Smith
MySELF™ Consultant: Ilana Attie, PhD
Creative Director: Laurie Berger
Designer: Christina Cirillo

©2014 Newmark Learning, LLC. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage or retrieval system, without permission in writing from the publisher. Printed in Guangzhou, China. ISBN: 978-1-4788-0462-8

Newmark Learning • 629 Fifth Avenue • Pelham, NY • 10803
For ordering information, call Toll-Free 1-855-232-1960
or visit our website at www.newmarklearning.com.

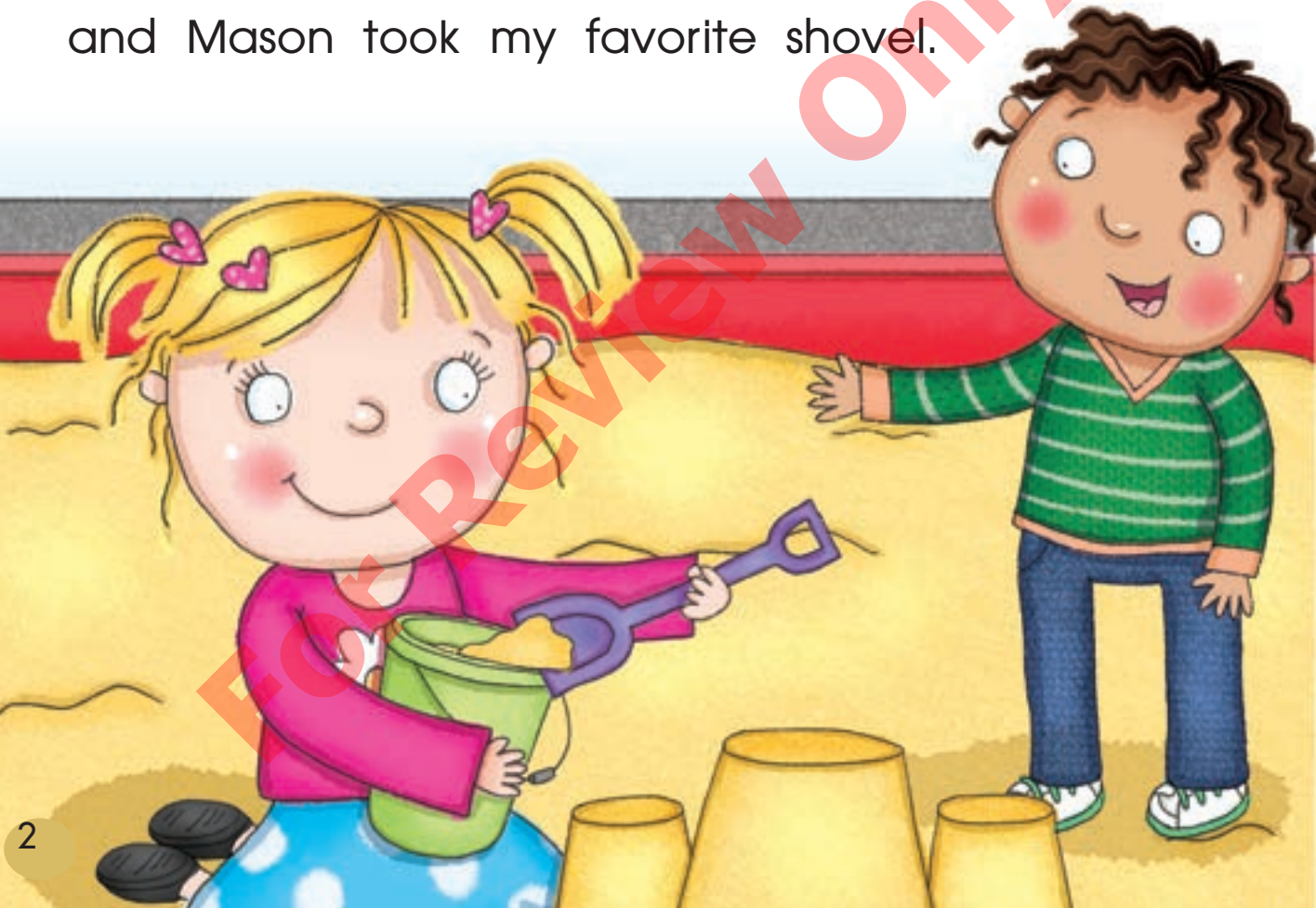
How to Read This Book with Children

1. Read aloud the title. Discuss what it means to feel mad or angry.
2. Read aloud the book with children.
3. Talk about the characters' actions as you read.
4. Ask children to describe how characters feel, and explain how they can tell.
5. After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
6. Guide children to connect the story to their own experiences.



Mia

I was almost finished building the best sand castle. I got up for one second and Mason took my favorite shovel.



“Hey!” I said. “I was using that!”



“Sorry, Mia,” he said. He put the shovel down and then started adding to my castle.



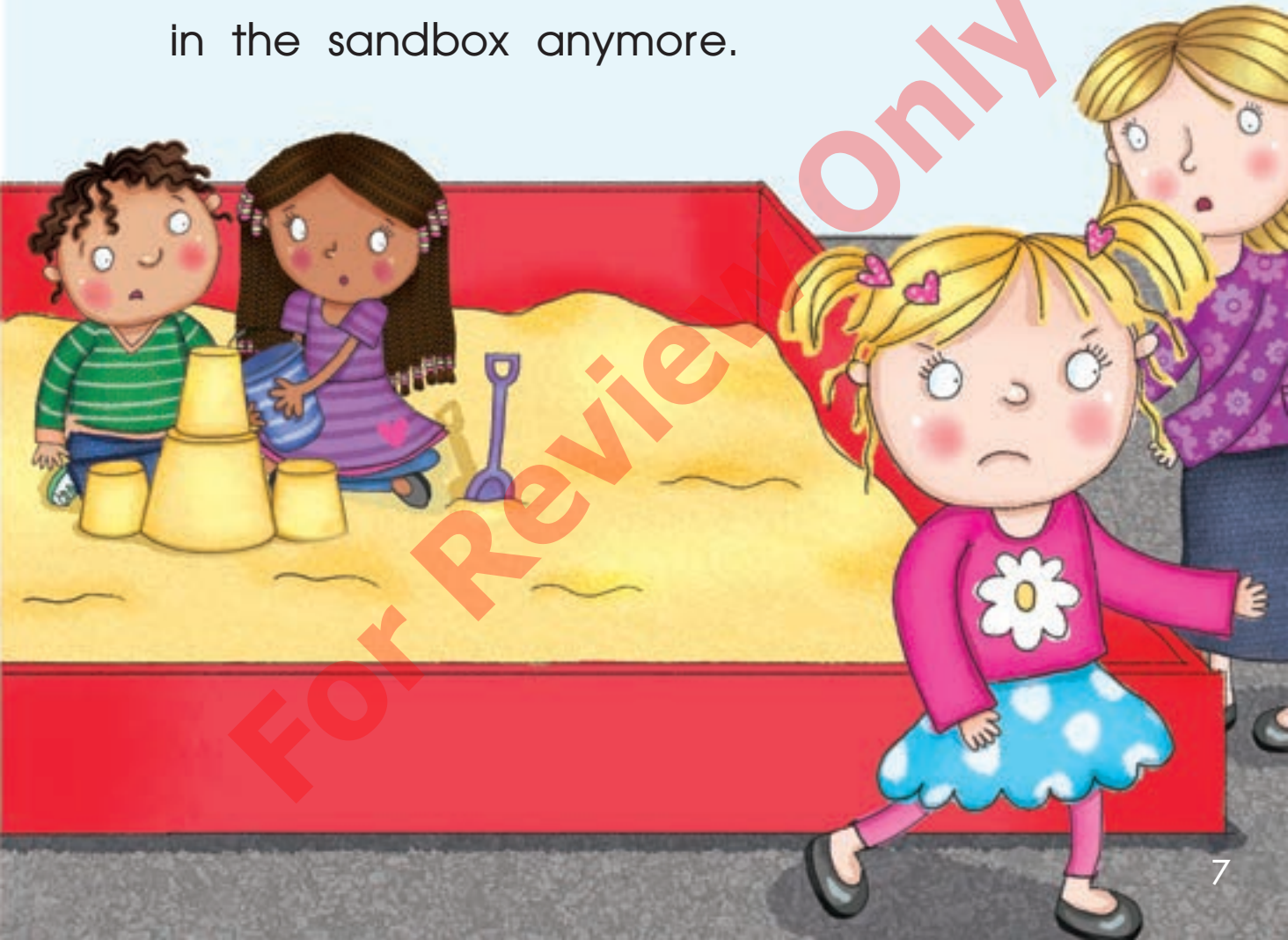
Olivia came over and joined in, too.
“This is *my* castle,” I said.



“You don’t own the sandbox, Mia,”
said Olivia.



That was it! I didn't want to play
in the sandbox anymore.



Real-World Wrap-Up

My Thoughts:

How does this boy feel?

How can you tell by looking at his face and body?



My Feelings:

What can you do to feel better when you are angry?



I Was So Mad

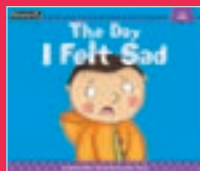
Mia is playing in the sandbox, but things are not going her way. She gets mad, but then she discovers different ways to control her anger.



Social and emotional intelligence comprises the abilities and character traits that enable people to work with others, learn effectively, and play important roles in their families and communities.

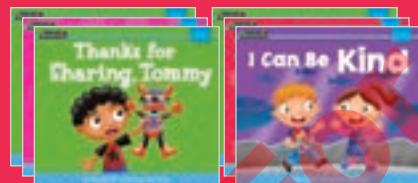
I Have Feelings

The books in this set help children recognize and understand feelings.



Look for the other sets in this series.

I Get Along with Others



I Am in Control of Myself



I Believe in Myself

