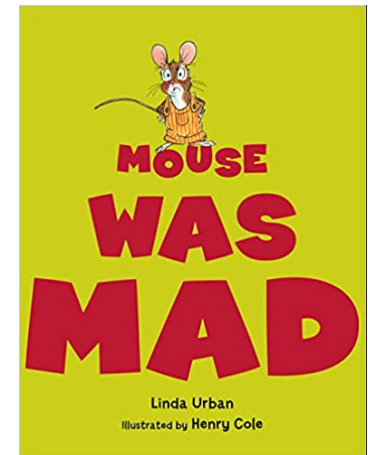


# SOCIAL-EMOTIONAL STORY HOUR



## Mouse Was Mad

This is a book about the feeling of mad and angry and what do do with that mad that we feel. What helps us solve problems? What helps us calm when we are angry? Mouse has a problem and he is mad. Mouse tries to solve his problem through; hopping, stomping, yelling and rolling around on the ground. Mouse shows his friends how he is solving his problem and it's not working. Mouse realizes that yelling, stomping, hopping and rolling around doesn't solve his problem but taking a pause, standing still and breathing does work.



By: Linda Urban  
Illustrated by: Henry Cole  
Publisher: Sandpiper

### Things to talk about

How does your body react when you become angry or mad? Do you cry, do your muscles tense up, do you clench your teeth and tighten your cheeks or are you quiet and not want to talk?

What do you do when you feel mad? Have you ever talked to someone about why you are mad? Sometimes talking to someone helps us calm down and can also help to solve our problem.

When asking a child about their feeling of anger or mad avoid saying "Why are you mad?" Instead ask your child "What is the reason you are feeling this way?" or "What is the reason you are mad?" When we start questions with "Why?" we feel as though that feeling is wrong and we shouldn't feel that way.

# Try these fun activities at home

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## Drawing When Mad

– Have your child draw a picture of themselves when they are mad. Ask your child a time when they have felt mad or angry. Then ask your child what made them feel better when they were mad.

## Being Open About Feelings

– Talk to your child about a time in which you felt angry. Tell them what your body feels like when you get angry. Talk about what helped you to calm down.

– Label your child’s feelings when you start to notice that they are getting upset. “Your nose is crunched up and your teeth are clenched. It looks like you are angry. Are you angry? How can I help you?”

## Creating Calm

– Create a calming area in your home, where your child can go to calm, breathe, and think about a solution to the problem, and then return to the activity. The calming area is not to be used as punishment but as a place to regulate their emotions. The calming area should be located in a quiet area. It can have soft pillows, stuffies, stress balls, and crayons and paper to journal.

– Practice together the [Conscious Discipline Breathing Strategies](#) with your child. You can post the icons of these breathing strategies in a place in your home where your child can go to calm down.

– Model breathing and calming strategies when you get mad or angry. Remember it’s ok to feel mad and angry.

