

Grade 2

Health Objective 1.03

Demonstrate how to express emotions and feelings in a positive manner, without hurting oneself or others.

Language Arts Objective 2.01

Read and comprehend text appropriate for grade two by: determining purpose, making predictions, asking questions, locating information for specific reasons/purposes, recognizing and applying structure, comprehending and examine the author's decision and word choice, determining fact and opinion, recognizing and comprehend figurative language, and making inferences.

Materials Needed:

A piece of paper for each student
I Was So Mad! By Norma Simon
Appendix 1 -Bubble Map- copies for each student

Focus:

Distribute a blank piece of paper to each student and ask the class to fold the paper in half and then fold it again so that they now have 4 squares when the paper is opened. Ask the students to write the following in a corner of the paper: their name, a friend's name, a family member's name, and the name of someone you know that you had a disagreement with. Have the students tear each of the squares apart and read the following statements. After reading the statement have the student crumble the paper into a ball on their desk.

- You had a big argument with your best friend and you said some things that were not very nice. Now your friend is not talking to you any more.
- A friend borrowed your favorite CD and lost it. You told your friend that it was your favorite CD and he/she could never borrow anything from you again, so don't bother asking.
- One of your family members accidentally woke you up while you were sleeping. When you woke, you yelled at him/her and really hurt his/her feelings.
- You work with the person you had a disagreement with and find a compromise by being understanding showing this person that you care about him/her and want to resolve the problem.

Have the students unfold each piece of paper and try to put the pieces back together to make a full sheet of paper again.

Ask the students if the paper looks like it did before they tore the squares apart and crumbled them. The students will notice that the paper looks similar to the way it did before but it is not exactly the same. Explain how our words and actions can help and hurt others. Discuss how negative words and actions can affect others and we can apologize later but we cannot totally erase what we said and when we do something to help others it may not solve the problem but it can help. That is why it is important to think about how we express our emotions or feelings and how it will affect others before we act on our feelings and emotions.

Teacher Input:

Ask the students if they have ever lost their temper or said something when they were angry that they did not mean? Ask the class if they were ever so frustrated that they wanted to yell

and scream or hit something? Give the students some examples of things that can evoke emotions such as anger and frustration. Maybe someone lost or broke one of your favorite toys, or maybe your parents gave you too many chores. Explain how these things can make you angry and it is o.k. to be angry. Everyone gets angry. The hard part is learning how to respond when we experience strong feelings such as anger. We experience lots of emotions. At different times, we might be happy, sad, or jealous, lonely, or frustrated. It is normal to experience all of these emotions but, these emotions must be expressed in a way that does not hurt others or yourself.

Ask the students to brainstorm some emotions they experience and record these emotions on the board. Ask the students to then list things that evoke these emotions - what makes them happy, sad, angry, or frustrated? Ask the students list some signs that they might be angry, sad, frustrated. List these as warning signs or red flags. Explain to the students that some people don't recognize these emotions and keep them buried deep inside. Discuss how it is important to recognize these signs early so that you can deal with the emotions instead of bottling them up. If you fail to recognize your emotions and act on them in a positive manner, you might get a headache or your stomach might start to hurt. You may just feel bad in general. It's not good to hide your emotions or ignore them or to act on emotions immediately without thinking about the possible consequences. It is important to find a way to express your emotions without hurting yourself or others. Brainstorm healthy ways to express emotions and feelings. Examples might include:

- talk to an adult or a friend you trust about the situation and brainstorm solutions,
- count to 10 and then address the situation calmly
- draw a picture or write a story about the problem
- play a video game, read a book, or take a walk to calm down and then address the situation.

You cannot avoid experiencing feelings and emotions so it is important to be able to deal with these feelings and emotions in a positive manner without hurting yourself or others.

Practice & Assessment:

Display the book "I Was So Mad!" by Norma Simon. Ask the students what situations make them mad and allow them to share some responses. Encourage the students to see if the author of the book shares any of their feelings and to think about signs or signals that they are getting mad as you read the book. Distribute copies of Appendix 1- Bubble Map. Ask the students to record 5 things that make the author mad. For each situation that makes the author mad, the students should identify two ways to deal with the anger that will not hurt themselves or someone else.

Have the students write a letter to the author offering suggestions for expressing her anger or other feelings in a positive manner without hurting herself or others.

List two methods the author can use to deal with her anger for each of the five situations that make her mad.

