**Classroom Guidance**

**Submitted by:** Brandy K. Nicholson, Hamilton Crossing Elementary

**Title of Lesson:** **Learning to Handle Emotions and Back Away when Angry**

**Domain:** Personal/Social Development

**Grade Level:** Pre-K and K

**Time Required:** 40-45 minutes

**ASCA National Standard(s):** PS:A1.2 Identify values, attitudes, and beliefs

PS:A1.5 Identify and express feelings

PS:A1.6 Distinguish between appropriate and inappropriate behavior

PS:A1.7 Recognize personal boundaries, rights, and privacy needs

PS:A1.8 Understand the need for self-control and how to practice it

PS:B1.2 Understand consequences of decisions and choices

PS:B1.4 Develop effective coping skills for dealing with problems

PS:B1.6 Know how to apply conflict resolution skills

**Essential Questions:** How can I learn to listen to my body’s warning signs about anger and other emotions? How can I let out my angry or negative energy in a healthy way?

**Materials/Resources:**

* Internet access for:
  + Wigglebottom – Learns It’s OK to Back Away
    1. <https://wedolisten.org/books-and-lessons/book/Howard+B.+Wigglebottom+Learns+It%27s+OK+to+Back+Away%3A+A+Story+About+Managing+Anger> 9 minutes
  + ClassDojo – Mojo Meets the Beast
    1. <https://ideas.classdojo.com/f/the-beast/0> 3 minutes

**Activities**

1. **Introduce:** Ask students anger and other emotions
   * How do you feel when you get angry?
   * What do you look like?
2. **Wigglebottom – Learns It’s OK to Back Away**
   * 1. Students will watch Wigglebottom <https://wedolisten.org/books-and-lessons/book/Howard+B.+Wigglebottom+Learns+It%27s+OK+to+Back+Away%3A+A+Story+About+Managing+Anger>
        + How did he look when he was angry?
        + How did he listen to his tummy?
        + What did he do before he did something wrong?
        + What did he do to make himself feel better?
3. **ClassDojo**
   * Students will watch ClassDojo – Mojo Meets the Beast <https://ideas.classdojo.com/f/the-beast/0>
     + - Why are our powerful emotions like a beast?
       - What powerful POSITIVE emotions do you feel sometimes?
       - What powerful NEGATIVE emotions do you feel sometimes?
       - Have you ever felt a powerful emotion? How did you handle it?
       - Show students how to “squeeze lemons” or “stretch like a cat” to show muscle control and use as relaxation techniques
4. **Evaluation:** 
   * Have students share how they can listen to their bodies
   * Have students share what powerful emotions are and how to handle the negative emotions, such as anger
   * Have students practice “squeezing lemons” or “stretching like a cat” to show muscle control and relaxation techniques