



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Family Movie Night – *Cool Down and Work Through Anger*

***Cool Down and Work Through Anger* by Cheri J. Meiners**

This book helps children recognize feelings of anger, express them, and build skills for coping in helpful ways. Children will learn specific tools to use to work through feelings of frustration and anger helping them to cool down and work through these emotions.

The movies that complement this month's book are *The Adventures of Elmo in Grouchland* and *Inside Out*. **Please review the movies before watching as a family.** Movie suggestions are from Common Sense and full reviews can be found under Parental Guidelines for movies.

The Adventures of Elmo in Grouchland

<https://www.commonsensemedia.org/movie-reviews/the-adventures-of-elmo-in-grouchland>

Inside Out

<https://www.commonsensemedia.org/movie-reviews/inside-out>

Discussion Questions for *The Adventures of Elmo in Grouchland* (age 3+):

1. Families can talk about their own "special" toys and other transition objects. Why is it sometimes hard to share?
2. What do the characters learn during the movie?
3. What makes a Grouch a Grouch? (It can be a lot of fun to spend a couple of hours pretending the whole family is in Grouchland!)

Discussion Questions for *Inside Out* (age 6+)

1. Families can talk about why it's hard for Riley to tell her parents how she's feeling in *Inside Out*. Is it OK for them to ask her to be their "happy girl"? How does that make her feel when she's *not* in a particularly joyful state of mind?
2. Have you ever felt like you *had* to feel a certain way to please someone else? Is that fair?

3. What does it mean to have "mixed emotions" about something? How do all of our different feelings relate to each other? Can you have joy without sadness? Why is it important to feel a range of emotions?
4. What problem does Riley think running away will fix? Why is she wrong? What could have happened to her if she'd gone through with her plan? Parents, talk to your kids about why Riley's idea -- and how she went about trying to accomplish it -- is *not* an example to follow.
5. The characters in *Inside Out* learn and demonstrate many important character strengths -- teamwork, communication, self-control, compassion, perseverance, integrity, and empathy. Why are these important?

Ways to Reinforce This Lesson at Home:

When you notice signs of escalating feelings, remind your child in a calm, neutral voice that they are in charge of their feelings. Empower youth by allowing them to choose a safe and calm response to intense emotions. Some suggestions are:

- Help your child identify and acknowledge how they are feeling with words.
 - "You are frowning, is that puzzle frustrating? Can I help?"
 - "You are using a loud, angry voice. Are you mad? Tell me about it."
- Help your child choose safe ways to calm themselves:
 - Do physical activity. Put on music and dance.
 - Take deep breaths.
 - Count to 10.
 - Use art materials such as markers, or paint to express feelings.
 - Dim the lights and lie down to rest.
 - Do yoga stretches.
- Help youth use *I messages* to state how they feel. "I feel _____ when you _____."