



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COOL DOWN AND WORK THROUGH ANGER

TRANSITIONAL KINDERGARTEN/  
KINDERGARTEN

PROJECT CORNERSTONE

OCTOBER 2024

# **AGENDA SLIDE**

**BOOK OVERVIEW/ LESSON GOALS**

**CONVERSATION STARTER**

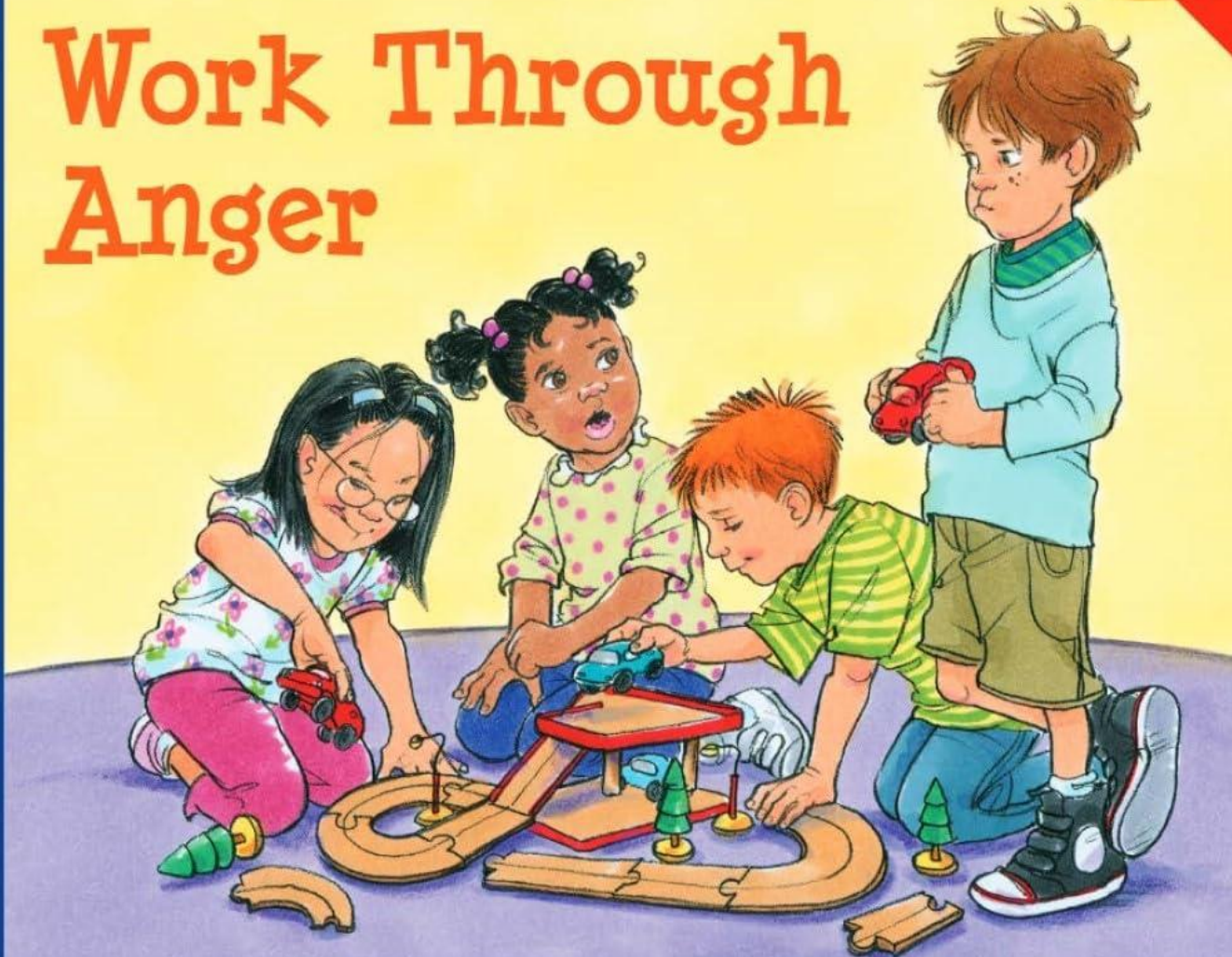
**READING THE BOOK**

**DISCUSSION**

**ACTIVITY OPTIONS**

# Cool Down and Work Through Anger

Includes Activity Guide for Adults!



# CONVERSATION STARTER

Use the same puppet or bring a different one each time!

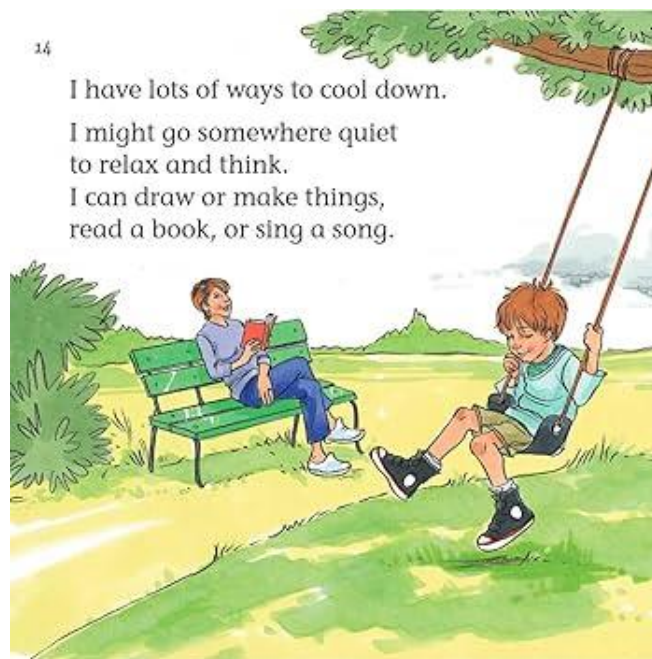
Time to engage with the kids and get them thinking about the main message of the book

<https://www.youtube.com/watch?v=qMndkmwU6HA>

# READING THE BOOK TO TK/K

More text- be strategic and ask them to look for certain things as you're reading- facial expressions, words, etc

Most students will love being read to, especially if they can see the pictures, and especially if you help make the book come alive.



<https://www.youtube.com/watch?v=CsngjVyKpPY>

# DISCUSSION OF THE BOOK

- Ask during reading for these younger learners
- Vary types of responses you are asking of the students

Verbal, visual, think-pair-share

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I may feel angry, too.

I might have  
a hot face,  
tense muscles,  
a fast heartbeat,  
or loud breathing.



# FLOWER CANDLE

## LETTING STUDENTS PRACTICE A CALMING TECHNIQUE

- You can do an example with a real flower and candle to make it more visually memorable
- Can have them draw one of each to hold and practice

<https://www.youtube.com/watch?v=KY-csEubVTI>

## Cool Down Strategies

# THE ANGRY BALLOON

- Limit responses to a certain number (4-5)
- Choose one or two of these strategies to even say
- Practice one together

1. Learn to recognize your anger signs.
  - Check your breathing, tummy, jaws, fists, and pulse.
2. Think, and choose the best way to act.
  - Use your words, not your fists.
  - State "Stop it! I don't like that."
  - Use a confident voice and say "I feel mad when you \_\_\_\_\_"
3. Stop and take a deep breath.
  - Slowly, take five deep breaths. Blow your anger out!
4. Count to 10 SLOWLY.
  - Count to 10 in your head and then count backwards for another 10.
5. Do yoga stretches.
6. Remove yourself from the situation.
  - Walk away until you feel calm.
7. Stay calm and in control.
  - Relax and cool down. Think calm, peaceful thoughts.
  - Pretend to be a big balloon filled with air. Relax and let all the
8. Do something physical to use up your energy.
  - Listen to music.
  - Sing and dance along to the beat.
  - Blow bubbles.
  - Swing on a swing.
9. Talk about how you feel with a friend or caring adult.
  - Give and get a hug.



# STARFISH BREATHING

[https://www.youtube.com/watch?v=QKNnpylLdr0&list=PLBsUra9Uf\\_EwZGUDXg2fOI7z\\_rJTJgR8V&index=1](https://www.youtube.com/watch?v=QKNnpylLdr0&list=PLBsUra9Uf_EwZGUDXg2fOI7z_rJTJgR8V&index=1)

# CLOSING

- Finish with one reminder of ways to cool down and work through anger
- Thank them for spending this time with you

# SCHOOLWIDE EXTENSION

## Cool Down Spot

In your classroom, out at recess, or shared area for students to access

**THANK YOU**