

Handling Anger

Questions about What to Do When
We Feel Mad



The gang is playing soccer. Kate is getting really mad because she never gets the ball.



What should Kate do?

Keep playing even though she is really mad

Give up and never play soccer again!

Calm down, then come back and try again

Push Mia for always taking the ball!





Come on...





I'm finally going to get it!





HIYA!





GAH!

AAHH!!

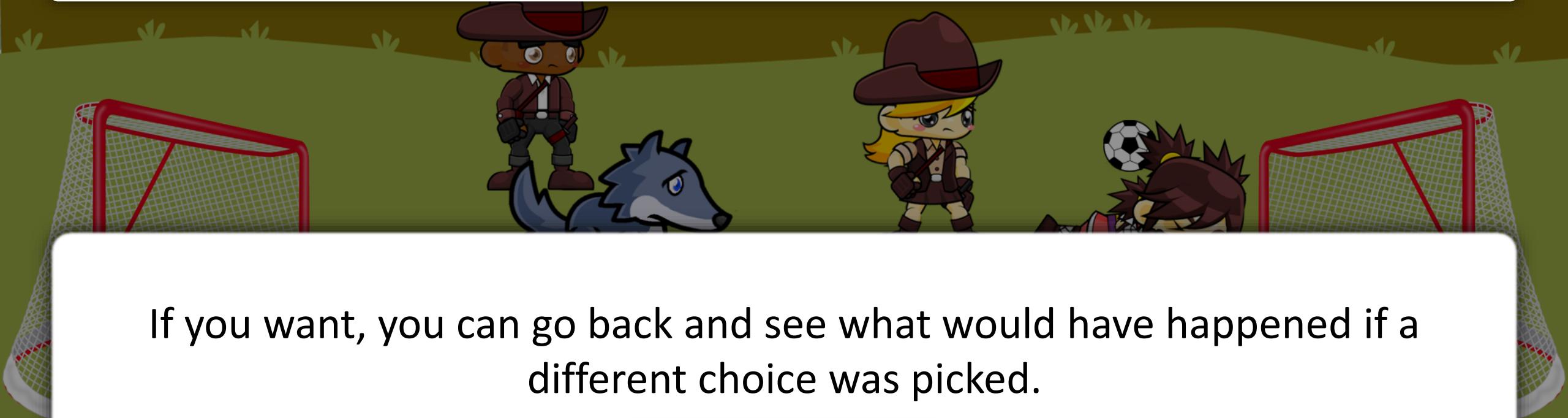




Oops...

OWW!!

Kate just kept getting angrier and angrier, and eventually did an angry thing. When we are mad, it's probably not a good idea to keep going.



If you want, you can go back and see what would have happened if a different choice was picked.

[Back to Choice](#)



[Next Question](#) A blue circular arrow pointing to the right, indicating the next question or continuation of the game.

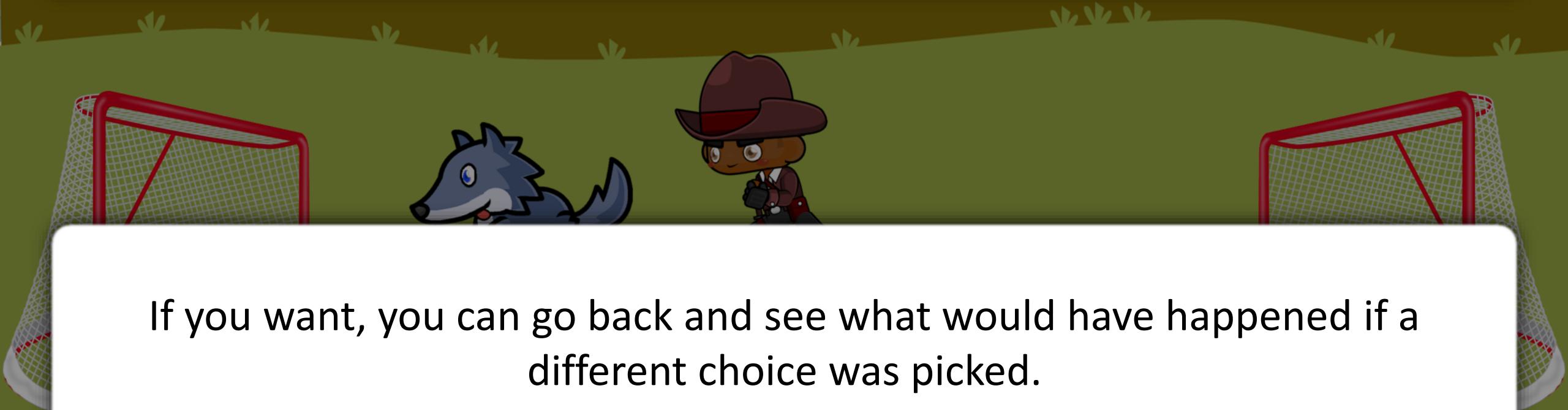


Forget this!

I'm never playing again!



Now Kate won't have fun with her friends playing soccer anymore! That's probably not the best choice.



If you want, you can go back and see what would have happened if a different choice was picked.

[Back to Choice](#)



[Next Question](#)



I'm mad!

I need to take a walk and calm down...



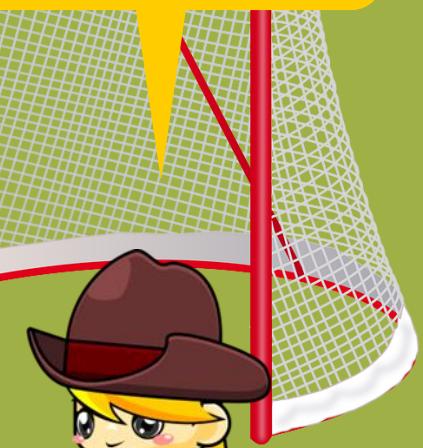
After taking a walk...





I feel much better...

Now I'm ready to play!





Now Kate feels much better, won't do angry things, and is ready to have fun. Perfect! When we get mad, we should take some time to calm down.

If you want, you can go back and see what would have happened if a different choice was picked.

[Back to Choice](#)

[Next Question](#)





GAH!

AAHH!!



OWW!!



Hurting others is never okay! Now the others probably won't want to play soccer with Kate anymore.



If you want, you can go back and see what would have happened if a different choice was picked.

[Back to Choice](#)



[Next Question](#)

Tom called Kate a name she didn't like, so she is thinking of pushing him down.



Which of these might happen if Kate pushes Tom down?

(3 choices are correct)

Tom will never call her that name again.

Kate will get in trouble.

The other kids will like Kate more.

The other kids won't want to play with Kate.

Tom will call her that name more often.



Which of these might happen if Kate pushes Tom down?

(3 choices are correct)

Tom will never call her that name again.

Kate will get in trouble.

The other kids will like Kate more.

The other kids won't want to play with Kate.

Tom will call her that name more often.

Not quite... Pushing Tom will make him mad, so he might even call her that name more often!

I found them all! ▶

Which of these might happen if Kate pushes Tom down?

(3 choices are correct)

Tom will never call her that name again.

Kate will get in trouble.

The other kids will like Kate more.

The other kids won't want to play with Kate.

Tom will call her that name more often.

Yes! Hurting others is never okay, so Kate will definitely get in trouble.

I found them all! ▶

Which of these might happen if Kate pushes Tom down?

(3 choices are correct)

Tom will never call her that name again.

Kate will get in trouble.

The other kids will like Kate more.

The other kids won't want to play with Kate.

Tom will call her that name more often.

Not quite. Nobody likes people who are mean and hurt others.

I found them all! ▶

Which of these might happen if Kate pushes Tom down?

(3 choices are correct)

Tom will never call her that name again.

Kate will get in trouble.

The other kids will like Kate more.

The other kids won't want to play with Kate.

Tom will call her that name more often.

Yes! Nobody likes playing with people who are mean and hurt others.

I found them all! ▶

Which of these might happen if Kate pushes Tom down?

(3 choices are correct)

Tom will never call her that name again.

Kate will get in trouble.

The other kids will like Kate more.

The other kids won't want to play with Kate.

Tom will call her that name more often.

Yes! Pushing Tom will make him mad, so he might call her that name more often. And that might make other kids call her that name too!

I found them all! ▶

Pushing Tom down isn't a good way to stop Tom from calling her that name. Kate needs to think of a better choice.



Which of these might fix Kate's problem?

(1 is the best answer, but 2 others are okay)

Ignore the name calling.

Nicely tell Tom that name bothers her and ask him to stop.

Get an adult to help.

Throw a rock at him.

Call him a name back.



Which of these might fix Kate's problem?

(1 is the best answer, but 2 others are okay)

Ignore the name calling.

Nicely tell Tom that name bothers her and ask him to stop.

Get an adult to help.

Throw a rock at him.

Call him a name back.

Maybe. Tom probably won't call her the name if she just ignores it. But if it bothers her a lot, ignoring it is going to be hard.

I found them all! ▶

Which of these might fix Kate's problem?

(1 is the best answer, but 2 others are okay)

Ignore the name calling.

Nicely tell Tom that name bothers her and ask him to stop.

Get an adult to help.

Throw a rock at him.

Call him a name back.

Yes! People almost always listen when someone asks them nicely.

I found them all! ▶

Which of these might fix Kate's problem?

(1 is the best answer, but 2 others are okay)

Ignore the name calling.

Nicely tell Tom that name bothers her and ask him to stop.

Get an adult to help.

Throw a rock at him.

Call him a name back.

Maybe. First Kate should talk to Tom about it. She should only get an adult if he won't stop calling her the name, which would be bullying.

I found them all! ▶

Which of these might fix Kate's problem?

(1 is the best answer, but 2 others are okay)

Ignore the name calling.

Nicely tell Tom that name bothers her and ask him to stop.

Get an adult to help.

Throw a rock at him.

Call him a name back.

No! That would be even worse than pushing!

I found them all! ▶

Which of these might fix Kate's problem?

(1 is the best answer, but 2 others are okay)

Ignore the name calling.

Nicely tell Tom that name bothers her and ask him to stop.

Get an adult to help.

Throw a rock at him.

Call him a name back.

No! That would make him mad, then he would probably call Kate the name even more.

I found them all! ▶

Kate wants to play tag, but Mia wants to play hide and seek. This made Kate really mad. Kate needs to take some time to calm down.



Find the things Kate could do to calm down. (There are 3)



Kate could go for a walk! That's a great way to calm down.



I found them all! ▶

Kate could draw a picture about why she is mad or write it in her journal!
That is a great way to calm down.



I found them all! ►

Kate could leave the situation and take 10 deep breaths. That is a great way to calm down.



I found them all! ▶



This sand castle is looking great!

I need to head home, but let's come back tomorrow and keep working on it!



Kate is excited to keep working on the sandcastle tomorrow.

But she needs to remember that sometimes things don't go our way. Or else she could get upset if something goes wrong.



Find the things that might not go her way. (There are 4)



Kate might not be able to come to the beach tomorrow! She could get sick or maybe her parents already have plans for the day.



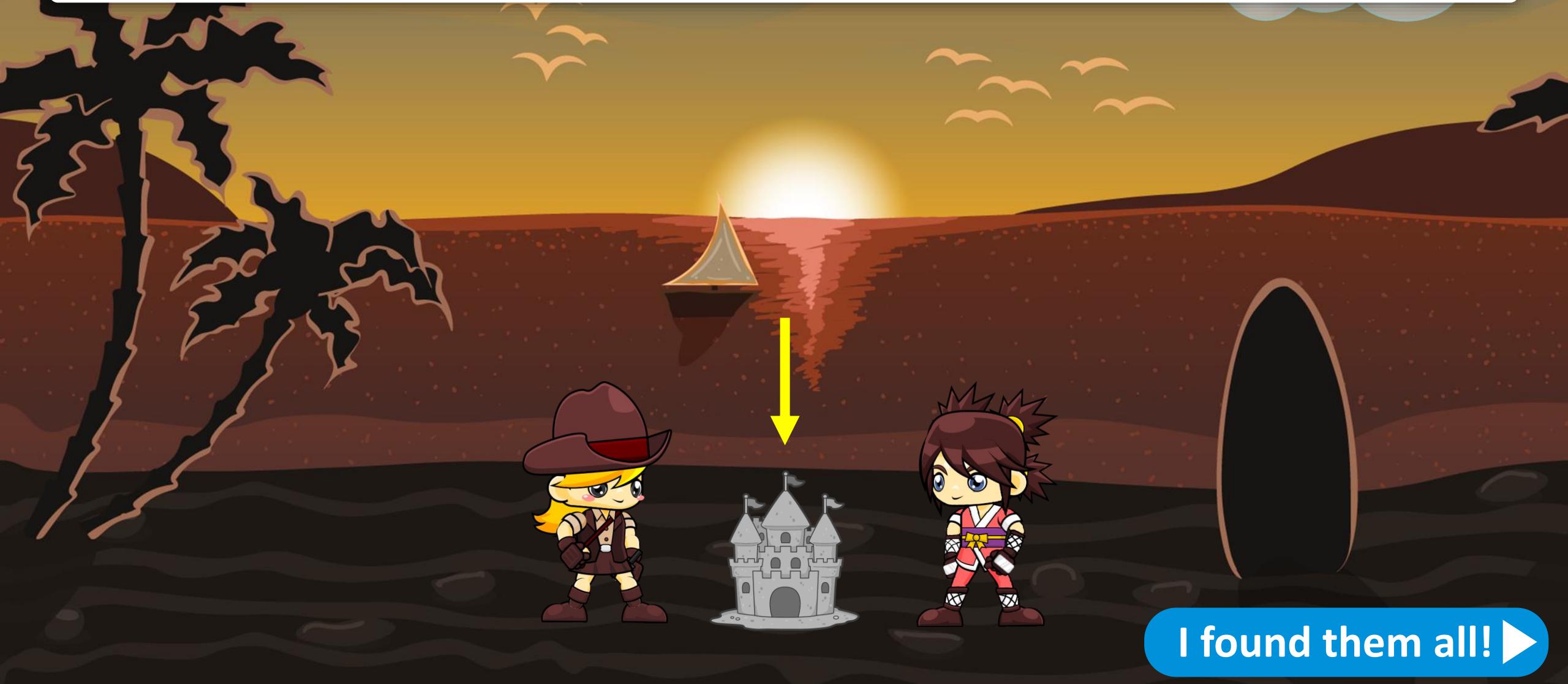
I found them all! ►

Mia might not be able to come to the beach tomorrow! She could get sick or maybe her parents already have plans for the day.



I found them all! ►

The sandcastle might be broken when they get back. Sandcastles are fragile and don't last long.



I found them all! ►

It could rain or storm! Then their sandcastle would probably break and they might not be able to come to the beach.



I found them all! ▶

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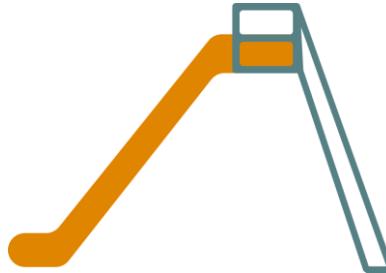
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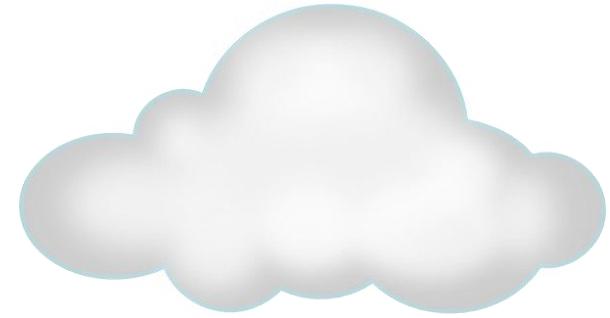
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Things to ask questions about

- Choosing to calm down when you are mad
- Ways to calm down
- Benefits of not hurting others
- Consequences of hurting others
- Choices to make things better
- Things that can go wrong

Ways to ask questions

- Open ended
- Multiple choice
- Pick spots on the screen

First question

- Friends are playing soccer and kid is getting mad because he can't get the ball. What should he do?
 - Keep playing. He'll feel better once he finally gets the ball.
 - Give up and never play soccer again
 - Calm down, then come back and try again
 - Kick another character for always taking the ball

Third question

- Character is really upset about something. Find the ways he could calm down.

Fourth question

- Characters are building a sand castle, but have to go home. They are excited to come work on it some more tomorrow. Find the things that could go wrong and click them.

Fifth question

- Character got called a name he doesn't like and is going to push the other character down. Which of these things might happen because of this?
 - Character will never call him that name again
 - Character will get in trouble
 - Others will want to play with character
 - Others won't want to play with character
 - Character will call him that name even more

Sixth question

- Pushing him down won't help the situation. Which of these choices might make the situation better?
 - Ignore the name calling
 - Nicely tell character that it bothers him and ask him to stop
 - Get an adult
 - Throw a rock at him
 - Call him a name back
 - Other answer