

ZIGGY FEELS ANGRY

Math Center Rule

Each player will pick a card.
Whoever has the bigger
number wins that round! Keep
playing until all the cards are
gone!

- Understanding **angry feelings** for grades **Pre-K + K**
- Helps students **notice** and **name** how **angry** feels in their bodies
- Super **low prep!**



Designed for Little Learners!

Created especially for **Pre-K** and **Kindergarten**:

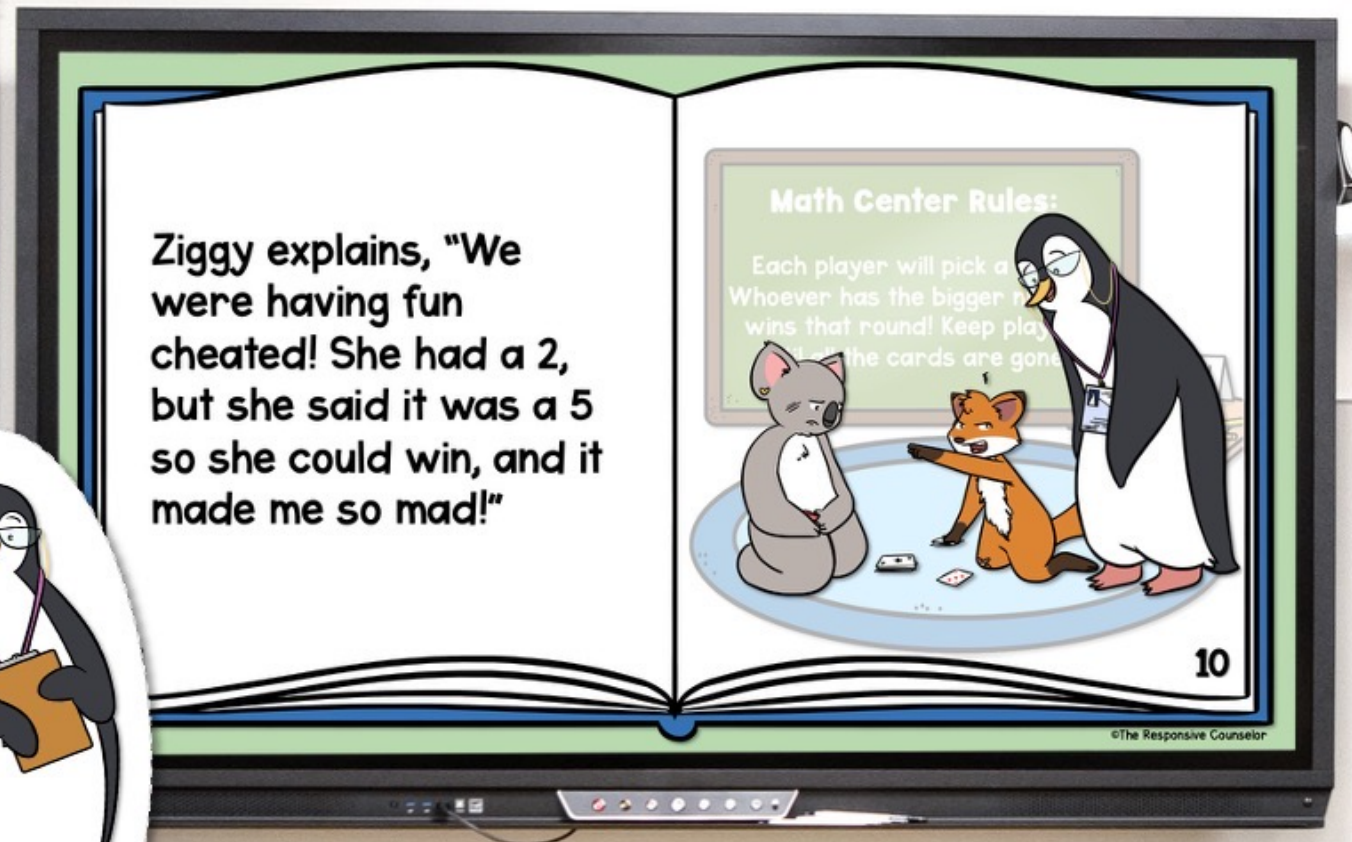
- Lovable characters
- Short, engaging stories
- Simple, age-appropriate language
- Interactive movement and play
- Flexible practice activities



Start with a story!

Ziggy gets angry at Pippa when she cheats during a game. Ms. Juniper helps him understand how **anger feels** in his body and how to **safely** express it.

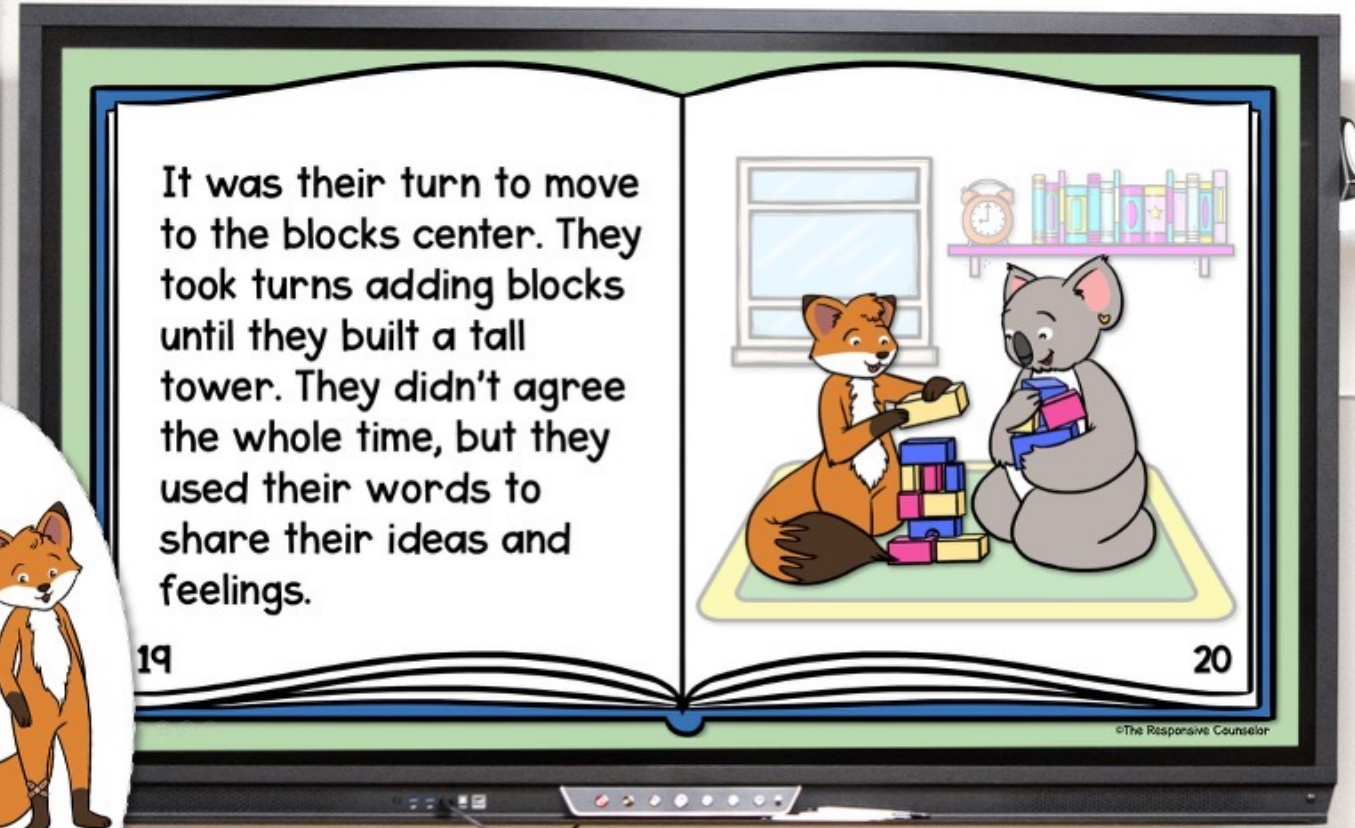
Use easy stick puppets to add another **engaging** element.



Follow Along!

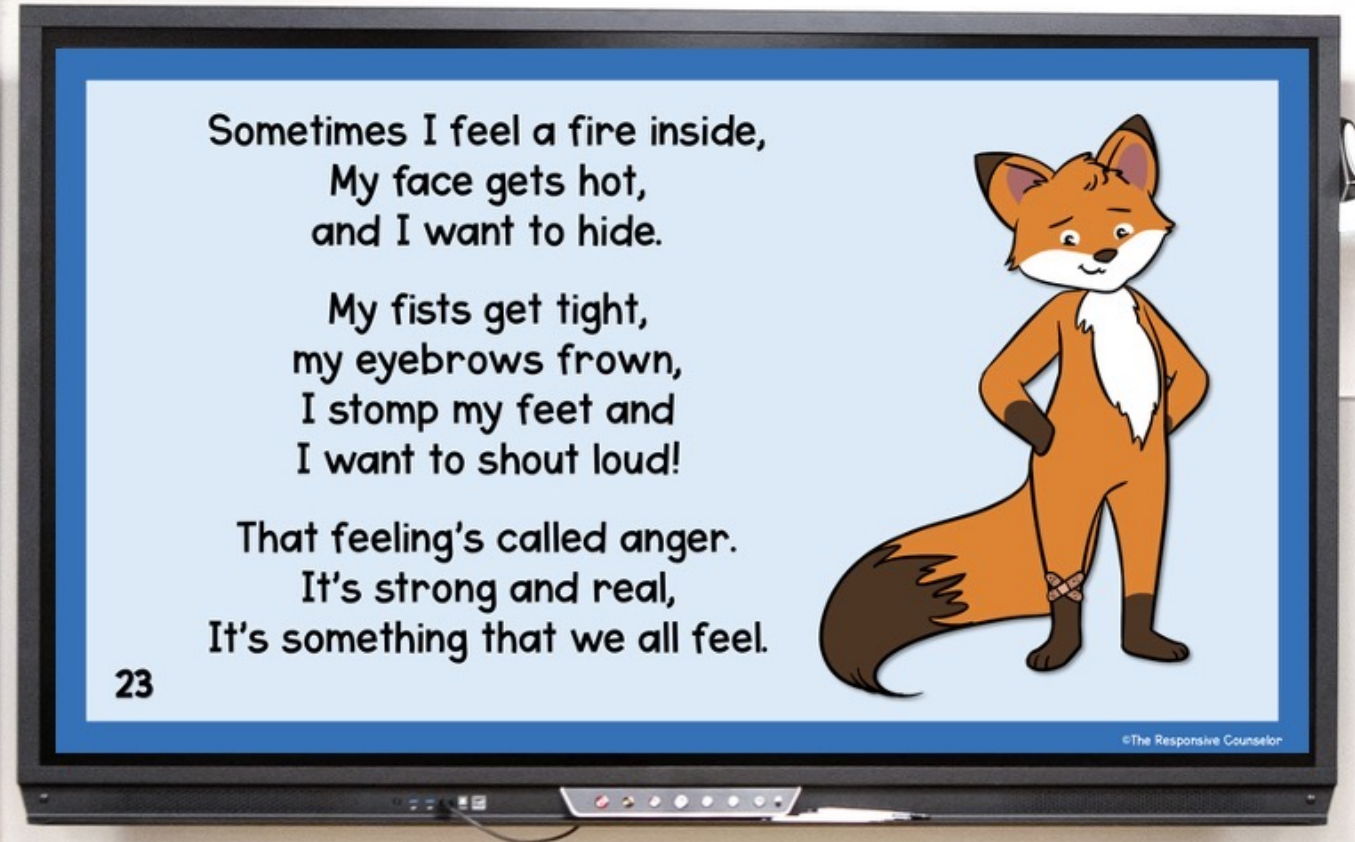
Young learners will enjoy following Ziggy's adventures as he **explores** big feelings and **learns** new skills.

Every page encourages discussion, reflection, and learning.



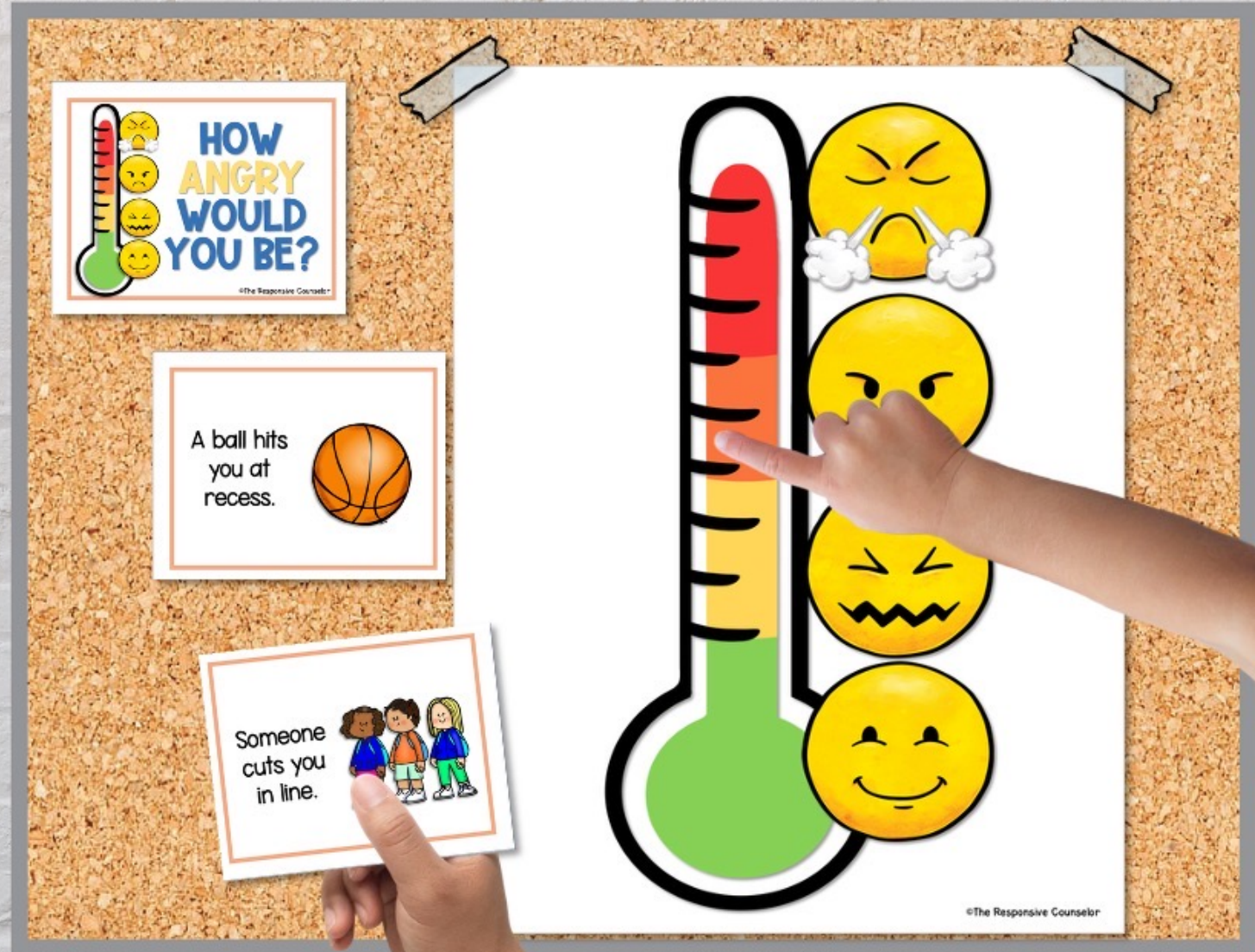
Reinforce!

With rhymes and motions, engage students in a call-and-response chant to **reinforce their learning.**



Practice!

Students take turns **identifying** how angry they would be (scaling their anger) given different **situations**.



Extend!

Options include to **extend the learning:**

- Teacher tip sheet
- Color by Number coloring page
- Body Feelings cut-and-paste
- Recommended book companions



Detailed Lesson Plan

ASCA and CASEL aligned lesson plan

Identifying Anger

Objective(s): Students will identify anger and related feelings, like frustration in themselves, by exploring facial expressions, body cues, and real-life situations.

ASCA Mindsets/Behaviors: B-SMS 7. Effective coping skills

CASEL Domains: Self-Awareness

Additional Materials Needed: A pointer (optional), popsicle sticks (optional), coloring materials for worksheets, scissors and glue for worksheet

PLAN/PREP

Slideshow: Review the directions, suggested scripting, and slides ahead of time. Print puppets and glue onto large popsicle sticks, if using.

Whole Group Activity: Print/copy a set of task cards. You may want to laminate for durability.

Extension Activity: Re-use scenario cards from previous activity. Print poster or use the slide. You may want to have a pointer available for your students, depending on the height of the board/screen.

Worksheet(s): There are two worksheets included. Select which you would like to use (or both!). Print/copy one per student for each.

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IDENTIFYING ANGER

Whole Group Practice

Movement

- Pages 22-23: Ask students to stand in their spots.
- "We are going to move our bodies to help us remember what we learned about feeling angry. Repeat after me!"
- Say each sentence and do the corresponding movement. Have students copy you.
 - *Sometimes I feel a fire inside*, (rub belly)
 - *My face gets hot, and I want to hide*, (hide face in hands)
 - *My fists get tight, my eyebrows frown*, (hands in fist and angry eyebrows)
 - *I stomp my feet and I want to shout loud!* (stomp lightly and pretend to shout)
 - *That feeling's called anger. It's strong and real*, (strong arms)
 - *It's something that we all feel*, (make a circle with your hands to show "everyone")
- You can repeat as many times as time allows.

Extension Activity

Whole Group Practice

- Page 24: "We learned about what made Ziggy and Pippa feel angry. Next, we are going to see what makes YOU feel angry and how big that anger might be."
- Explain the thermometer. Green means "not angry," yellow means "a little angry," orange means "pretty angry," and red is "extremely angry."
- You can use the thermometer on the slides, print out a poster version, or draw on a board.
- Model the instructions. Choose a card and read it aloud. Point to how angry you would feel on the thermometer. If you are using the poster, you may also stick the card on with a piece of tape.

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Optional/
suggested
scripting to
use

Outline
breakdown
with activity
directions

Hi, I'm Sara! At The Responsive Counselor, we create resources for school counselors, child therapists, and teachers that improve social emotional learning and help students be their best selves.

Our focus is creating resources that are effective (using research-based best practices) and engaging (through collaborative learning and relevant scenarios) for students.

education

B.A. from Michigan State University

Psychology and Anthropology

M.S. from Vanderbilt University

Community, Research, and Action

M.Ed. From Vanderbilt University

Human Development Counseling:
School Counseling & Mental
Health

experience

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!



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let's connect:

