This supplementary guide is designed to help teach children how to Calm Down when they feel angry. Through activities and discussion, children will learn what makes them angry, the body signals that indicate they are angry, and how to Calm Down to make good choices.
A Note to Parents and Educators

Helping your children learn how to manage their anger constructively and how to calm down to make good choices are very important life skills. As we all know, relationships really matter. How we handle our anger can help or hurt relationships and can be a source of success or failure with others.

This workbook is designed to offer children “hands on” activities for working effectively with anger. Each activity can be adapted or modified to fit the needs and abilities of the children and adults. The activities address situations that make people angry, the body signals that often accompany anger, and how to calm down when we notice we are mad. When we calm down, we make better choices and can be more successful at home, in school and in the community.

Duplication and Copyright

Project CLASS grants to you a non-exclusive license to use and display for your personal use the artwork and text on these pages, and to download and print materials available through these pages, all solely for your personal, classroom, or library non-commercial use.

You may create as many copies as you wish, but you may not transfer, assign, sub-license or sell the rights granted under this license.

This license permits the display and printing of the artwork and text on your personal, school or library computer, but not the re-use or incorporation or framing of the artwork or text on another Internet site or email or email list for use in any promotion or advertisement or on any product for which a charge is made.

Use of the material on this site constitutes agreement with the terms of this license.

Brief Synopsis

*Michael Gets Mad* reflects that anger is a normal and commonly occurring emotion. We all get angry – children, adults, and dogs too. How we express and handle our anger matters. Actions involving anger can be constructive and helpful or destructive and hurtful for our relationships. Noticing when we are getting angry is central to working with anger effectively. Noticing body signals and thoughts are especially helpful. Body signals include changes in heart rate, breathing, eyes, fingers, chest, arms, legs. Increased tension and pressure often occur with anger. When we notice body signals and thoughts, we are better able to Calm Down and make good choices. **COBRA – COunting, BReathing, Acting Calm** is an effective way to help us Calm Down.

Title: Michael Gets Mad
Author: Paul Gilford
Illustrator: Bill Megenhardt
Publisher: Houston Achievement Place
245 W 17th Street, Houston, TX 77008
713-868-1843
ISBN: 978-1-7330632-0-3
# Table of Contents

**Independent Activities**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Story Map</td>
<td>4</td>
</tr>
<tr>
<td>Making Choices</td>
<td>5</td>
</tr>
<tr>
<td>You are the Author</td>
<td>6</td>
</tr>
<tr>
<td>When I Get Mad, I Feel Like…</td>
<td>7</td>
</tr>
<tr>
<td>Anger – When I Feel Angry…</td>
<td>8</td>
</tr>
<tr>
<td>Calming Down</td>
<td>9</td>
</tr>
<tr>
<td>Draw Yourself as you Calm Down</td>
<td>10</td>
</tr>
<tr>
<td>Matching Good Choices</td>
<td>11</td>
</tr>
<tr>
<td>Anger – I Remember Once…</td>
<td>12</td>
</tr>
<tr>
<td>Thinking &amp; Doing to Calm Down</td>
<td>13-14</td>
</tr>
</tbody>
</table>

**Puzzles**

<table>
<thead>
<tr>
<th>Puzzle</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crossword Puzzle</td>
<td>15</td>
</tr>
<tr>
<td>Crossword Puzzle Answers</td>
<td>16</td>
</tr>
<tr>
<td>Counting to 10 Puzzle (Color)</td>
<td>17</td>
</tr>
<tr>
<td>Counting to 10 Puzzle (Black &amp; White)</td>
<td>18</td>
</tr>
<tr>
<td>Mad &amp; Calm Puzzle (Color)</td>
<td>19</td>
</tr>
<tr>
<td>Mad &amp; Calm Puzzle (Black &amp; White)</td>
<td>20</td>
</tr>
<tr>
<td>Ordering Cards 1-10</td>
<td>21-22</td>
</tr>
</tbody>
</table>

**Group Activities**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Character Search Instructions &amp; Activity</td>
<td>23-24</td>
</tr>
<tr>
<td>My Feelings Activity &amp; Feelings Chart</td>
<td>25-26</td>
</tr>
<tr>
<td>Michael Gets Mad Activity &amp; Game Board</td>
<td>27-29</td>
</tr>
</tbody>
</table>

**Behavior Incentives**

<table>
<thead>
<tr>
<th>Incentive</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dot-to-Dot</td>
<td>30</td>
</tr>
<tr>
<td>Reinforcement Cards</td>
<td>31</td>
</tr>
</tbody>
</table>

**Poster**

<table>
<thead>
<tr>
<th>Poster</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>COBRA – Calming Down Poster</td>
<td>32</td>
</tr>
</tbody>
</table>
Story Map

After your teacher or parent reviews the main components of the story, complete this Story Map by writing or drawing the missing

Title

Main Character

Problem

Solution
Making Choices

Grandma got mad when another car almost hit her.  

Michael got mad when Juan & Jamal called him names.  

Dad got mad when his tools were lost.  

Michael got mad when kids threw rocks at him.  

Name: ___________________________
You are the author of Michael Gets Mad.

Our author needs your help! We need to add two more scenes to our book. Michael gets mad when kids throw rocks at him and when his classmates call him names. Create two more scenes of things that make Michael mad.

___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

Name: __________________________________________
When Michael gets mad, he feels like a giant hammer, a mad volcano, and like his head is going to shoot off like a rocket. Draw what you feel like when you get mad.

When I get mad, I feel like ________________________________
When you Feel Like a Mad Volcano!

I get Angry and Frustrated when:

1._____________________________________________________________________
2._____________________________________________________________________
3._____________________________________________________________________
4._____________________________________________________________________
5._____________________________________________________________________

What happens if I erupt like a volcano?

Behaviors I CAN do:   Behaviors I WILL NOT do:
1.______________________________  1._______________________________
2.______________________________  2._______________________________
3.______________________________  3._______________________________
4.______________________________  4._______________________________
5.______________________________  5._______________________________

Name: __________________________________________________
Calming Down

1. Counting

2. Breathing

3. Acting Calm

Draw Yourself Acting Calm
This is ME Calming Down  Name: ________________________________

Draw or write how your body signals and thoughts change as you calm down by counting to 10.

1  2  3  4  5  6  7  8  9  10
Matching Good Choices

Cut out the choices from the bottom of the page.
Choose what you would do in each situation that will help you calm down when you are angry.

<table>
<thead>
<tr>
<th>Situation</th>
<th>Calm Down Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Someone takes something that is yours.</td>
<td>Your classmate broke your crayons/pencils.</td>
</tr>
<tr>
<td>Your team lost a basketball/soccer game.</td>
<td>You were not invited to attend a birthday party.</td>
</tr>
<tr>
<td>Someone bumps into you at recess and knocks you down.</td>
<td>Your friend will not play with you at recess.</td>
</tr>
<tr>
<td>Someone talks badly about someone you care about.</td>
<td>Someone calls you a name.</td>
</tr>
<tr>
<td>Your teacher does something you think is not fair.</td>
<td>Your teacher tells you to go to the office because you keep talking back.</td>
</tr>
</tbody>
</table>

Talk to someone about the situation.  Walk away.  Take a break.  Count to ten.

Breathe in and out slowly.  Ignore the person.  Think of a place that makes you calm.  Spell your name backwards in your head.

Exercise.  Listen to your favorite music.  Draw or paint a picture.  Write in your journal.
I remember once when I was so angry, I wanted to __________________________.

Here is what happened that made me angry....

What I did....

The outcome/result/consequence of what I did...

Next time I will choose to...
Name: ___________________________________________

Bubble Map
Using your Imagination to create a picture in your mind to Calm Down
Write or Draw places you have been or things that you have done that make you feel calm.
Bubble Map
Things you can do to Calm Down
Write or Draw actions or things you can do to help you Calm Down.

Active Doing
Michael Gets Mad

Across
2. Blasto the dog barked wildly when the squirrels ate his _______.
5. When calming down, Michael needed to count to _____ slowly.
6. Michael felt like a mad ______ when Juan and Jamal called him names.
8. When kids threw rocks at Michael, he felt angry, like a giant ______.
10. The second thing Michael needed to do to calm down was _____ slowly.
12. The last thing Michael needed to do when he was angry was to act _____.
13. A _____ dove at Grandpa’s head and made his eyes bug out.

Down
1. When Michael calmed down, he could make ______ choices.
3. Michael’s teacher said he needed to learn how to calm ______.
4. Mom got mad when Maddie and PJ made a mess in the __________.
5. Dad was angry when Michael lost his ______.
7. Maddie yelled like a screeching cat when Michael dropped her _______.
9. The CO in counting, the BR in breathing and the A in acting calm spell the word ______.
11. Grandma’s _______ beat crazy fast when she was almost hit by a car.
Michael Gets Mad

Answers

MAD

1. GO
2. FOOD
3. W
4. K
5. T
6. I
7. T
8. O
9. O
10. B
11. A
12. E
13. T

VOLCANO
HAMMER
CON
BREATHE
CON
CALM

©2019 Houston Achievement Place          Project CLASS®          www.projectclass.org
Print and cut out the cards on these two pages.
First, have children put the cards in order from 1–10. Second, add the “breath in and breath out” cards. And finally, add the “Act Calm” card.

Time to practice.
Character Search

Instructions:
Print out a Character Search worksheet for each child/student.
Supply each child/student with chips or markers.
Have child/student cover or cross off the images as you provide the clues.

Clues for image search:
- Find the character whose eyes bug out when he gets angry.
- Find the character whose face gets red and scary and grinds her teeth when she is mad.
- Find the character whose hands become fists and he sounds like thunder when he gets angry.
- Find the character who yells like a screeching cat and her eyes send out lightning bolts.
- Find the character whose heart beats fast and her eyes get squinty when she is scared and angry.
- Find the character who barks wildly when someone takes his food.
My Feelings Activity

Instructions:
Cut out Feelings Scenario Cards and place them in a bag. Supply each child with a puppet or doll. Have children take turns drawing a card. Read the card and have the child point to how he/she might feel on the feelings chart. Have the child use the puppet/doll to express how he/she feels and what he/she could do.

| This morning you were told your family is moving to a different apartment complex in three days and you will have to change schools. | Last night you stayed up too late watching TV. You are having a hard time staying awake and the teacher keeps telling you to lift up your head. |
| You made a bad choice. You took something without permission and now the teacher is asking if you have seen it. | You are at lunch/at your table/ at recess and you see a group of kids talking, laughing and whispering. You think they are talking about you. |
| You must study for a test, work on a science fair project, and do your math homework that was due yesterday. | The teacher blamed you for talking in line when it was the person in front AND back of you who were doing all the talking. |
| You are working on math. You don’t understand what to do. Everyone at your table is doing their work except for you. | You are at school, the person you thought was your friend is now saying mean things about you. |
| Your best friend is mad at you and the girl/boy you like now likes someone else. | You are taking a test. There are 20 questions. The teacher just said you only have 5 minutes left and you have only answered the first 5 questions. |
| You were not picked to be on a team at recess. | Today is the day for the reading/writing/math/science test and it is your WORST subject. |
Feelings

happy  sad  angry  excited
afraid  shy  guilty  tired
jealous  loved  hopeful  bored
proud  sorry  embarrassed  surprised
### Michael Gets Mad Game

**Instructions:**

- Cut out the game cards.
- Supply each child with an individual board game piece mover.
- Take turns selecting cards and answering the questions.
- Move the designated spaces on the Michael Gets Mad Game Board.

<table>
<thead>
<tr>
<th>You got into an argument about being line leader. Move back 2 spaces. Show how you would apologize and move forward 1 space.</th>
<th>You threw a temper tantrum. Go back 3 spaces. What should you do instead?</th>
</tr>
</thead>
<tbody>
<tr>
<td>You stayed calm and Accepted Feedback when your teacher told you to rewrite your paper. Move forward 1 space.</td>
<td>Someone calls you a name and you call them a name back. Go back 1 space.</td>
</tr>
<tr>
<td>Your friend is angry because she didn’t get her way. Show her how to count and breathe to calm down. Move forward 2 spaces.</td>
<td>When someone made you angry you told them how you felt in a calm manner. Move forward 3 spaces.</td>
</tr>
<tr>
<td>You yelled at your teacher when she told you no. Lose a turn. What should you do instead?</td>
<td>Tell another player what works for you when you are upset and need to calm down. Move forward 1 space.</td>
</tr>
<tr>
<td>Name something you can do when you are angry so that you won’t get in trouble. Move forward 1 space.</td>
<td>Your friend lost your library book. You listened calmly to their explanation. Good choice! Move ahead 2 spaces.</td>
</tr>
<tr>
<td>You got mad and kicked the door when you didn’t get your way. Lose a turn. What should you have done?</td>
<td>Make up a story about someone who got angry and what they did to calm down. Move forward 2 spaces.</td>
</tr>
<tr>
<td>Scenario</td>
<td>Response</td>
</tr>
<tr>
<td>-------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>You refuse to say, “I’m sorry,” Lose a turn.</td>
<td>You are mad at your sister for leaving your jacket outside in the rain. Do 3 jumping jacks to release your anger instead of hitting her. Move forward 2 spaces.</td>
</tr>
<tr>
<td>Your math is very frustrating. Get the teacher’s attention and ask for help. Now you are ready to try again. Move forward 2 spaces.</td>
<td>Name 2 people you can talk to when you are angry. Move forward 1 space.</td>
</tr>
<tr>
<td>When you were mad you used COBRA to calm down. Move forward 3 spaces.</td>
<td>You are mad because you wanted to go outside and now it is raining. What can you do instead of pouting? Move forward 1 space.</td>
</tr>
<tr>
<td>You ripped your paper when your teacher said to rewrite it. Go back 2 spaces. What should you do instead? Go forward 1 space.</td>
<td>You are blamed for something you didn’t do. What should you do instead of yelling? Move forward 1 space.</td>
</tr>
<tr>
<td>Your Mom tells you, “No you may not have a snack before dinner.” You stomp your feet and say it’s not fair. Go back 1 space.</td>
<td>Someone says mean things about your family. You count to 10 and walk away instead of arguing. Move forward 2 spaces.</td>
</tr>
<tr>
<td>Name something you can do to settle an argument instead of fighting. Move forward 1 space.</td>
<td>Tell about a time when you used COBRA to calm down and make good choices. Move forward 2 spaces.</td>
</tr>
<tr>
<td>Close your eyes and think about a peaceful place. Tell the other players about it. Move forward 1 space.</td>
<td>Your teacher gives you Feedback about your handwriting. How do you feel? What should you do? Move forward 1 space.</td>
</tr>
</tbody>
</table>
Name: __________________________________________

When I stay calm or calm down, my teacher or parent will instruct me to connect to the next dot. When I have connected all the dots I will earn ____________________.
Name: ____________________________
calmed down or stayed calm when:

________________________________________________
________________________________________________
________________________________________________
_________

Name: ____________________________
calmed down or stayed calm when:

________________________________________________
________________________________________________
________________________________________________
_________

Name: ____________________________
calmed down or stayed calm when:

________________________________________________
________________________________________________
________________________________________________
_________

Name: ____________________________
calmed down or stayed calm when:

________________________________________________
________________________________________________
________________________________________________
_________
COBRA

Count

Breath

Act Calm

©2019 Houston Achievement Place          Project CLASS®          www.projectclass.org
Michael Gets Mad reflects that anger is a normal and commonly occurring emotion. We all get angry – children, adults, and dogs too. How we express and handle our anger matters. Actions involving anger can be constructive and helpful or destructive and hurtful for our relationships. Noticing when we are getting angry is central to working with anger effectively. Noticing body signals and thoughts are especially helpful. Body signals include changes in heart rate, breathing, eyes, fingers, chest, arms, legs. Increased tension and pressure often occur with anger. When we notice body signals and thoughts, we are better able to Calm Down and make good choices. **COBRA** – **CO**unting, **BR**eathing, **A**cting Calm is an effective way to help us Calm Down.