

Calming Down – Activity 5 – Michael Gets Mad Video



Purpose:

We want to teach our child(ren) to Calm Down when they are angry. Managing their anger constructively will help them Make Good Choices, help build positive relationships, and promote life success.

Materials:

Video of *Michael Gets Mad*

Lesson:

Watch the animated video of our book *Michael Gets Mad*.

Use the attached questions that align with this story and ask them before, during and after your child(ren) watch the video. In addition, there are many activities that align with this book in our free online Parent/Teacher Guide.

Video:

<https://www.youtube.com/watch?v=g6BAD1a4Jel>

Questions:

<https://documentcloud.adobe.com/link/review?uri=urn%3Aaaid%3Aasc%3AUS%3A433d7d58-0761-4eea-b561-358edefa5479>

Parent/Teacher Guide:

<https://projectclass.org/wp-content/uploads/2020/03/Teacher-Guide-Michael-Gets-Mad.pdf>