When Sophie Gets Angry- Really, Really Angry
Written By: Molly Bang

Goal: Everybody gets angry. For children, anger can be very upsetting. Parents, teachers, and children can talk about what made them angry. When a person is angry, they do things they regret later. Words are sometimes exchanged that should have never been spoken in the first place. In this children’s book, youth can see what Sophie does when she gets angry, and how she calms herself.

1. Show the cover of the book and ask the children to read the title.

2. Does Sophie look angry?

3. Read the story stopping from time to time to ask:
   a. What made Sophie angry?
   b. What made Sophie angrier?
   c. What did Sophie do to show she was angry?
   d. Why do you think she screams and roars?
   e. Does crying sometimes help get rid of the angry feeling?
   f. Did crying help Sophie?
   g. What kind of tree does Sophie climb?
   h. What can she see from the tree?
   i. Why does Sophie feel better?
   j. When Sophie gets angry, she runs out and climbs her favorite tree. Different people handle anger in different ways. What do you do when you get angry?

4. What does the story teach us?
Activity:

- The youth need to bring two shoe boxes to decorate. They will need the following supplies: cutouts from magazines, markers, glue, etc. The youth will make the first box for happy thoughts and the second box for angry thoughts. Explain to the youth these boxes are to be used when they miss the service person. They will write the feelings down and place in the appropriate box.

- Draw a picture of yourself when you are angry, really, really angry. Ask yourself why you are angry? What can you do to stop yourself from being angry? Talk about ways to help cope with the anger.

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