



Listening Time:



31:57

## SEASON 2, EPISODE 5

# Feeling Angry!

Anger is a feeling that ALL people experience from time to time. It's a normal emotion — just one of the things that people feel — like happiness or sadness. Often, anger comes with other feelings, such as fear, shame, embarrassment, sadness, or worry. Although anger is just a feeling, it is sometimes considered a "negative" feeling — something to push away. But there's nothing wrong with feeling angry as long as it doesn't hurt anybody. Anger can actually be a good thing! Anger can sometimes motivate kids to stand up for themselves or others, and anger can help motivate people to make plans or solve problems!

In this episode, three kids join Todd to explore anger — what it is, how it makes us feel, and what we do about it! They talk about anger and go on a journey to the Land of Qook-a-lackas where they advise a Qook-a-leekie, Kainaz, who is feeling angry.

Before starting this lesson, you can listen to the podcast on Apple, Spotify or wherever you listen to podcasts. Learn more: [playsparkler.org/podcast](https://playsparkler.org/podcast)

Please also listen to our bonus episode, "Bonus: Interview About Transforming Anger Into Advocacy with Marjan Neshat," in which the actress who plays Kainaz shares how she has transformed her anger about what's happening in her home country of Iran into activism.

These extension activities will help parents and educators to support children (Pre-K to Grade 3) as they explore — and learn to move through — feelings of anger.



### Anger Animal Art

PreK - 3rd Grade



#### Goals

- ♥ Identify and describe the feeling of anger.
- ♥ Develop the ability to make connections.
- ♥ Practice listening to others.
- ♥ Cultivate a classroom community by working together on a project.

#### Instructions



##### Play the Episode

If the class hasn't yet listened to the Little Kids, Big Hearts "Feeling Angry" episode, start by listening! It's on Apple, Spotify, or where you listen. Learn more (or listen) at [playsparkler.org/podcast](https://playsparkler.org/podcast).

#### Discussion



In the episode, kids share how their anger feels using metaphors — comparing their anger to colors, animals, instruments, and more.

**As a class, discuss the ways members of your classroom community experiences anger:**

- ♥ If my anger were a color, it would be:
- ♥ If my anger were an animal, it would be:
- ♥ If my anger were an instrument, it would be:
- ♥ If my anger were a shape, it would be:
- ♥ If my anger were a sound, it would be:
- ♥ What other comparisons can you make as a class?

#### Activity



##### Get Ready! Here's what you'll need:

Art supplies: crayons, colored pencils, markers and/or old magazines and glue to invite children to create "anger art" together.



##### Class Activity

Ask each child to create their "anger animal" — the animal that represents their anger — on a page of construction paper. Use art supplies to draw/paint or create collages with ripped up paper or magazines. Post the anger animals together on the board, and invite each child to name and describe their animal.



### Angry Puppet Role Play

PreK-3rd Grade



#### Goals

- ♥ Identify and describe the feeling of anger.
- ♥ Practice different strategies for moving through angry feelings.
- ♥ Develop empathy for classmates.

#### Materials



##### Get Ready!

- ♥ Paper bag or old sock (to be turned into a puppet)
- ♥ Art supplies: crayons, colored pencils, markers and/or stickers.
- ♥ Optional: Googly eyes, buttons, pipe cleaners, yarn and/or old scraps of fabric

#### Discussion



**Discuss:** Give students the chance to tell stories of times when they felt angry. Consider using the following questions to prompt discussion:

- ♥ Tell the story of a time you got angry.
- ♥ Where did you feel the anger in your body?
- ♥ What kind of things did you do or say to express your anger?
- ♥ What are some of the other feelings you had at the time?
- ♥ What did you do to move through that feeling?

#### Instructions



##### Activity: Create your "Angry puppet"

- ♥ Invite each student to use art supplies to create their own ANGRY PUPPET. Encourage them to try adding pipe cleaners for hair or spikes), and markers or crayons to color in details. They can use buttons, googly eyes, or stickers for eyes and other features.
- ♥ Ask the students to think about WHERE their puppets feel anger in their bodies.



##### Sharing Time

Once the puppets are ready, split into small groups. Ask students to use their puppets to act out one of the anger stories that the class shared earlier. After practicing as a group, invite some of the students to perform with their puppets. What does everyone learn about anger from performing or watching the puppet show?