

I Was Angry

Primary Objectives

2b. Responds to emotional cues

18a. Interacts during reading experiences, book conversations, and text reflections

Why It's Important

When your child begins to understand her feelings, she may need guidance in order to recognize specific ones. Labeling your child's emotions for her shows her that you understand what she feels and minimizes frustration your child may feel with herself or others.

Materials

Book: *I Was So Mad* by Mercer Mayer

What You Do

1. Find a quiet place to read. Position yourself so that your child can see your facial expressions and the book's illustrations.
2. Invite your child to sit with you and read the book.
3. As you read, use facial expressions and tone of voice to convey the feelings in the book. Recall a recent example of when your child was angry. *I remember that you felt angry this morning when you had to wear your coat on the playground.*
4. Invite her to identify the feeling of the main character by the end of the story. *Do you think he is angry now? What do you think he is feeling?*
5. When the book is finished, explain to your child that it will be available for her to read at a later time.
6. Look for opportunities throughout the day to talk about your child's feelings or point out to her the feelings of others. *It looks like you are very excited that your cousin is coming for a visit. I can tell by the way you are smiling and hopping up and down!*