

The Anger Poem

- Purpose** To develop in children a tool for coping with their anger in an appropriate way
- Materials** None
- Procedure** Teach the following poem to the children and suggest that they recite it when they are feeling upset, angry, or out of control

When angry feelings start to mount,
That's when I take some time to count.
One . Two . Three . Four . Five

Counting helps me settle down,
Counting helps to fade my frown
Six . Seven . Eight . Nine . Ten

Mad Hatter

- Purpose** To handle anger in a constructive way.
- Materials** Old hat; recipe cards; a marker; old magazines; scissors; a hat.
- Procedure** Discuss with children appropriate things that they can do when they feel angry or unhappy. Write down their answers on a recipe card. Draw a picture or paste onto the card a picture that coincides with each action. Put all the recipe cards into a hat.
- Explain to the children that when they feel angry or upset, they can draw a card out of the hat and do the activity shown. If they are not interested in the card they choose, they can create their own activity, as long as it is appropriate.
- Suggestions**
- The Mad Hatter should be available for use only during free play, since some children may use it as a way to avoid group activities.
 - Read *My Grapes* by Meggan McGrath (Pfeifer-Hamilton, 1993).