

## Lesson Plan:

# “What Do I Do With This Feeling?”

Preschool

(3 to 5 yrs)

### Subject:

Self-regulating and guiding emotions and behavior.

### Focus:

Learning to handle and respond to one's own anger.

### Overview:

Some of the activities are planned, but at other times take advantage of teachable moments.

### Purpose:

To help young children respond appropriately to their own anger.

### Objectives:

1. To learn how to express anger appropriately.
2. To learn how to behave appropriately when angry.
3. To learn to self-regulate emotions and behavior.
4. To increase emotional competence.
5. To increase behavioral competence.

### Resource Materials:

- *Emily's Tiger*, by Miriam Latimer
- Paper
- Nontoxic crayons
- Nontoxic markers
- Pencils

### Activities and procedures:

1. Read and discuss the book by Miriam Latimer during circle time.
2. Engage children in a structured or free-play art activity where they draw angry faces and the appropriate behavior to accompany the feeling of anger.
3. Take advantage of teachable moments, when children are angry. Get down at their level and help them express their anger appropriately and understand how they are feeling and why they are angry.
4. When you are angry, turn it into a teachable moment by verbally and appropriately expressing your anger. Focus words on how you are behaving to express anger and model appropriate behavior.

### Tying It All Together:

Learning to appropriately express anger can take a lifetime. However, young children can begin to learn by seeing the adults react to anger around them. *Emily's Tiger* is a wonderful story about a little girl who does not know how to respond to her own anger until her grandma models how to handle anger. This book is educational and entertaining. It is a great piece for fostering discussion about self-regulating one's anger.

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