

# HERO'S STORY TIME

HELPING EVERY CHILD REACH OPTIMUM SUCCESS

## GUIDE



### *How Do Dinosaurs Say I'm Mad?*

By Jane Yolen and Mark Teague

Questions and discussions during read-aloud stories can promote social and emotional development. You can read this story on multiple days during the week and engage children by asking some of these questions.

- What does your face look like when you are mad? What about your eyebrows?
- How do you act when you're mad?
- What makes you mad?
- Have you ever done something when you're mad and been sad about it afterwards?  
Example: throw a toy
- How do the parents look like they are feeling when the dinosaurs are mad?  
(scared, angry, happy)
- What can you do to calm yourself down when you are mad?

---

Practice the anger management strategies from the book, such as counting to 10, breathing deeply, doing 10 jumping jacks, or talking to a friend or adult.

---

Create a calm-down area for children. This could consist of some pillows, a small rug, a stuffed animal, and shatterproof mirror to let your child see him/herself. Post pictures of the strategies practiced above. Teach the children how to use the spot when they are angry.

---

### *FLYING HIGHER*

"Helping Young Children Control Anger and Handle Disappointment," at <http://puext.in/Anger>. Try using the "turtle technique" to help children learn how to work through anger. Find more resources at [puext.in/CSEFEL](http://puext.in/CSEFEL).



When something upsets you, remember to appropriately model anger management.

### *SUPER POWER*

#### Self-Regulation

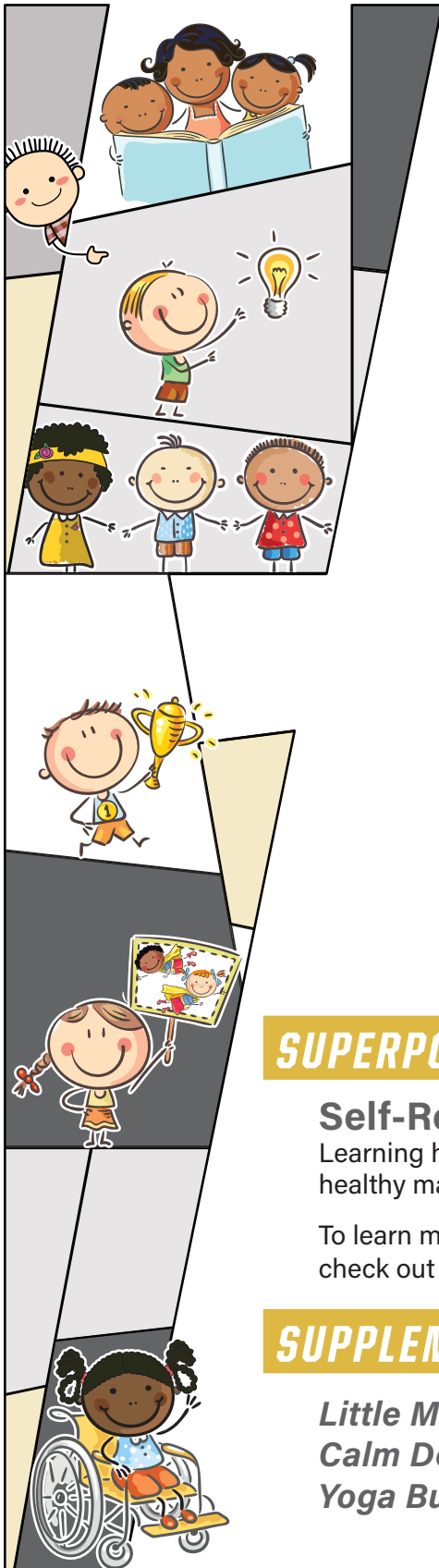
Learning how to recognize and control behaviors in a healthy manner.



# HERO'S STORY TIME

HELPING EVERY CHILD REACH OPTIMUM SUCCESS

## FAMILY NEWSLETTER



### THIS WEEK WE READ

***How Do Dinosaurs Say I'm Mad?*** By Jane Yolen and Mark Teague

Your child learned about the self-regulation asset; how to manage anger and calm down.

### THINK ABOUT IT

How do you express anger? What happens when you get frustrated with your child?

Children learn to control behaviors and emotions by watching and responding to how adults react and express their emotions. They copy the way we express our anger.

### How You Can Teach Self-Regulation

Try to understand and acknowledge the frustration.

Teach your child words for feelings. Ask them to identify when feeling angry or frustrated.

Model staying calm by counting to 10, taking deep breaths when angry or doing 10 jumping jacks.

**Adult Superpower:** Create a safe space away from the situation that triggered anger to use for a calm-down period. This is useful for both adults and children. Use the calm-down period to avoid destructive behavior and practice strategies shared above. The idea is to be able to express what created the frustration or anger with words. Work together to resolve the frustration.

### SUPERPOWER

#### Self-Regulation

Learning how to recognize and control behaviors in a healthy manner.

To learn more about the 40 Developmental Assets, check out the Search Institute website: [puext.in/40](http://puext.in/40).

### SUPPLEMENTAL READING

***Little Monkey Calms Down*** by Michael Dahl

***Calm Down and Work through Anger*** by Cheri J. Meiners M.Ed.

***Yoga Bunny*** by Brian Russo

**ANGER  
IS A FEELING  
THAT MAKES YOUR  
MOUTH WORK  
FASTER THAN YOUR  
MIND.**