

○ MUSIC  city COUNSELOR

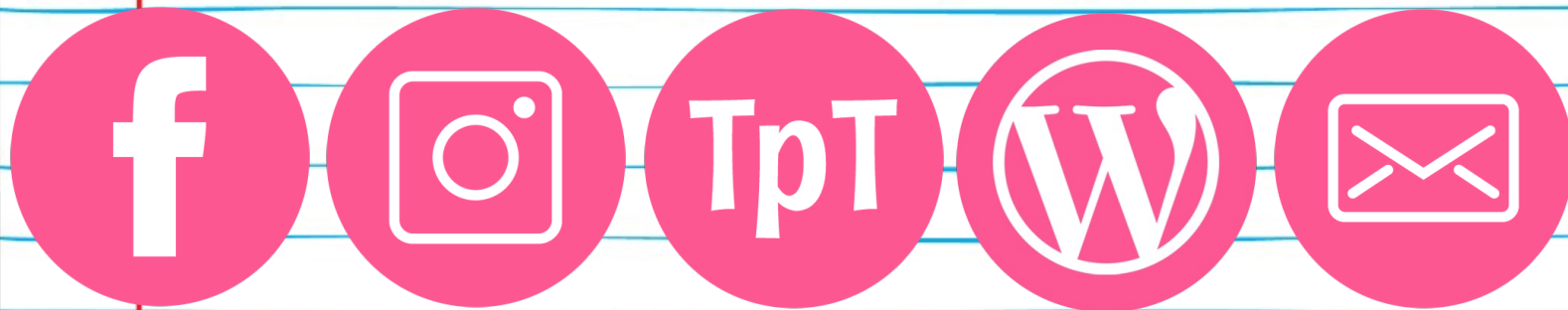
THANK YOU FOR YOUR
PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

○ ♥ **WEBSITE:** www.musiccitycounselor.com

♥ **MEMBERSHIP:** www.counselorcollab.com

ASCA MINDSETS & BEHAVIORS:

Mindset Standards:

- M1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

Behavior Standards:

- B-SMS 1: Responsibility for self and actions
- B-SMS 2: Self-discipline and self-control
- B-SMS 6: Ability to identify and overcome barriers
- B-SMS 7: Effective coping skills
- B-SS 9: Social maturity and behaviors appropriate to the situation and environment

DIRECTIONS PAGE I:

This lesson will take approximately 45 minutes to teach.

Recommended Sequence:

1. Read the book, "Hello, Anger" by Jessica Sinariski aloud to students. You can grab it here: <https://amzn.to/4kJpLlv>
2. Review the PowerPoint or digital for Google Slides™ presentation.
3. Review (and display) the posters with students.
4. Complete the bookshelf interactive activity with students.
5. Choose a worksheet or coloring page to close the lesson.
6. Use the "anger quiz" when students are feeling upset.

Materials Needed:

- Printed materials
- [Hook-and-loop fastener dots](#)
- Markers or crayons
- Pencils
- Glue stick
- Scissors

Presentation:

Both a PowerPoint and digital for Google Slides™ presentation are included.

This presentation goes along with the story, "Hello Anger" by Jessica Sinariski.

Please be sure to read the book aloud first.

The presentation teaches about the concepts from the book of carrying "heavy books in our backpacks" and how other big feelings "hide under" our anger. It also teaches how anger looks and feels in our bodies. Students learn 7 big feelings that can hide under our anger (hunger, embarrassment, sadness, hurt, rejection, loneliness, and shame). The presentation also reviews the stop, pause, think – "What is hiding under my anger?" coping strategy from the book. Students are encouraged to name and recognize their anger by saying, "Hello" to it.

DIRECTIONS PAGE 2:

The presentation also includes 3 scenarios that show a child feeling angry and explain 2 other big feelings that are hiding under their anger. Please use these to spark discussion and ask students to relate them back to their own lives.

Finally, the presentation closes with a slide that asks students to share with a neighbor about a time when they felt angry and which other feelings were hiding under their anger. Then, volunteers can share out their responses with the class.

Posters:

5 posters are included. These are great for instruction and for displaying in your space!

Bookshelf Interactive Activity:

To set it up:

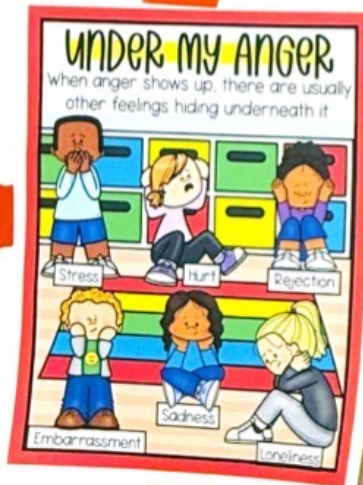
Please see the sample on the next page. The bookshelf is printed over 9 pages so that it is very large, poster-sized, for kids to easily see and interact with.

Please print the 9 pages, cut them out, and glue or tape them together as shown in the sample. It has 5 shelves in total: hurt, shame, loneliness, stress, and sadness. On each shelf, put a total of 3 hook-and-loop fastener dots (the rough side) spaced out evenly. Next, print the scenario books (27 in total) and cut them out. Please place the soft side of a hook-and-loop fastener dot on the back middle of each scenario book.

To use it:

This activity can be used with individuals, small groups, and in lessons. To use it, please hang the bookshelf at the front of the room. Please put the scenario books in a pile. Please ask students to take a turn and choose a scenario book. They can show the scenario book they chose to the class and read it aloud. I recommend displaying it on a document camera so everyone can see it. Then, the student can think about which feeling(s) may be hiding under the student in the scenario book's anger. Is it loneliness, shame, sadness, hurt, or stress? Or a combination of 2 or more of these? Then, they can attach the scenario

SAMPLE ACTIVITY



DIRECTIONS PAGE 3:

book on the hook-and-loop fastener dot on the shelf that they think shows the feeling that is MOST likely hiding under the students' anger. There are no right or wrong answers here: we all experience feelings differently, don't truly know how this child is feeling, and more often than not, experience more than one feeling at a time. The purpose of the exercise is just to **explore the concept** that other feelings hide under our anger and practice understanding and using it in real-world situations. If the shelf gets full, students can take books off and on.

Anger Quiz:

The anger quiz is a great tool to use with students who are feeling upset. To use it, students color the feelings face that shows how they're feeling. Then, they write what happened that is bothering them. Finally, they color the kids that show which feelings they think are hiding under their anger. I recommend keeping this quiz in the Calm Corner in your classroom and/or having it available for students to grab and use when their feelings start to escalate.

Worksheets & Coloring Pages:

Assorted worksheets and coloring pages are included to close the lesson. Please choose the ones that best fit the needs and abilities of your students, and the amount of time that you have!

Questions or comments? Please contact me any time at laura@musiccitycounselor.com. I'm here to help! ☺

PS I SO appreciate when you please take a moment to review my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow!

POSTERS

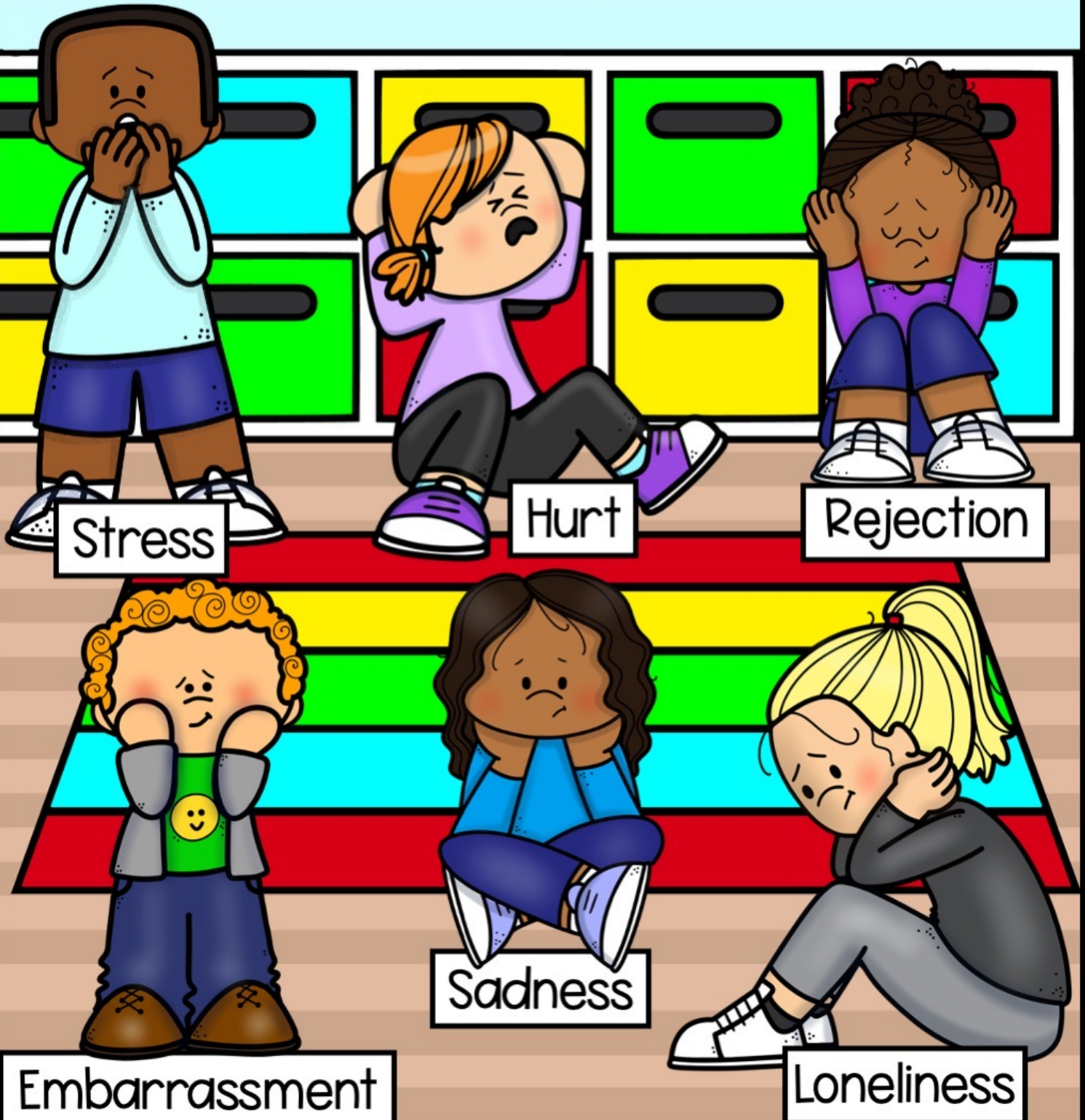
UNDER MY ANGER

When anger shows up, there are usually other feelings hiding underneath it.



UNDER MY ANGER

When anger shows up, there are usually other feelings hiding underneath it.

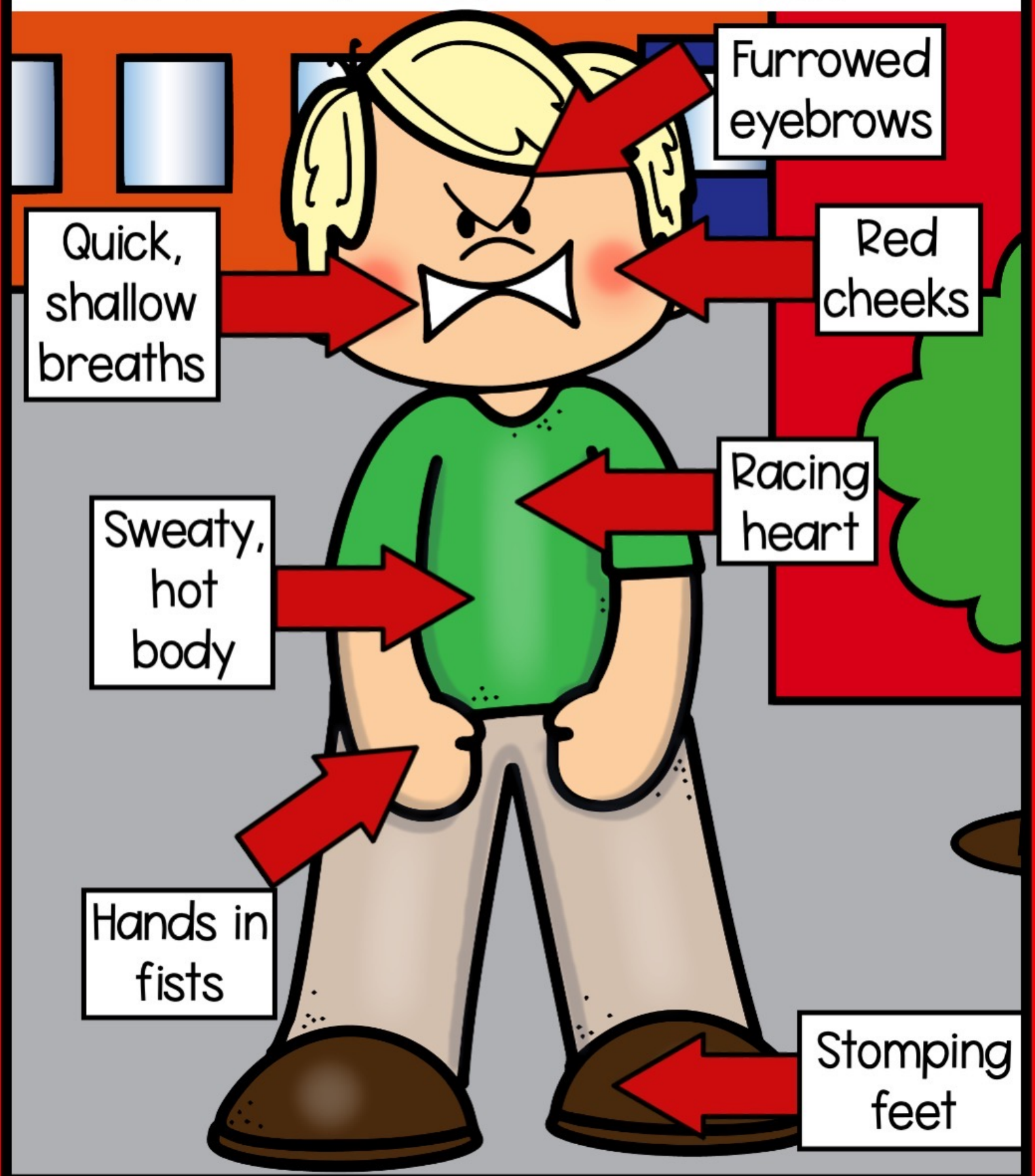


When we say,
HELLO, ANGER

we explore which feelings are hiding underneath our anger and figure out what's really bothering us.



ANGER LOOKS LIKE



TO COPE WITH ANGER

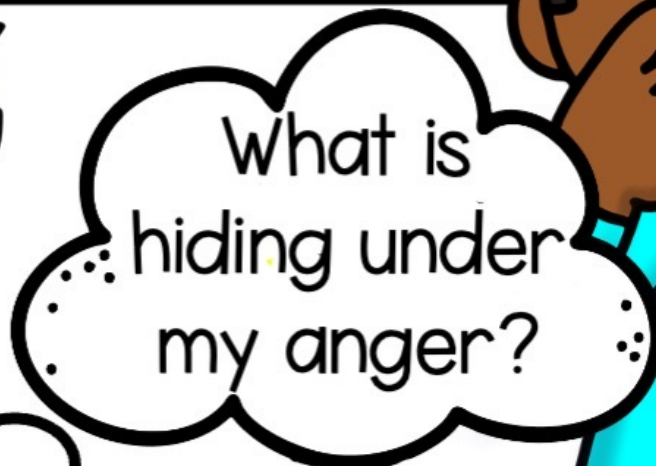
1 STOP



2 PAUSE



3 THINK



INTERACTIVE ACTIVITY

WHAT'S HIDING





Loneliness



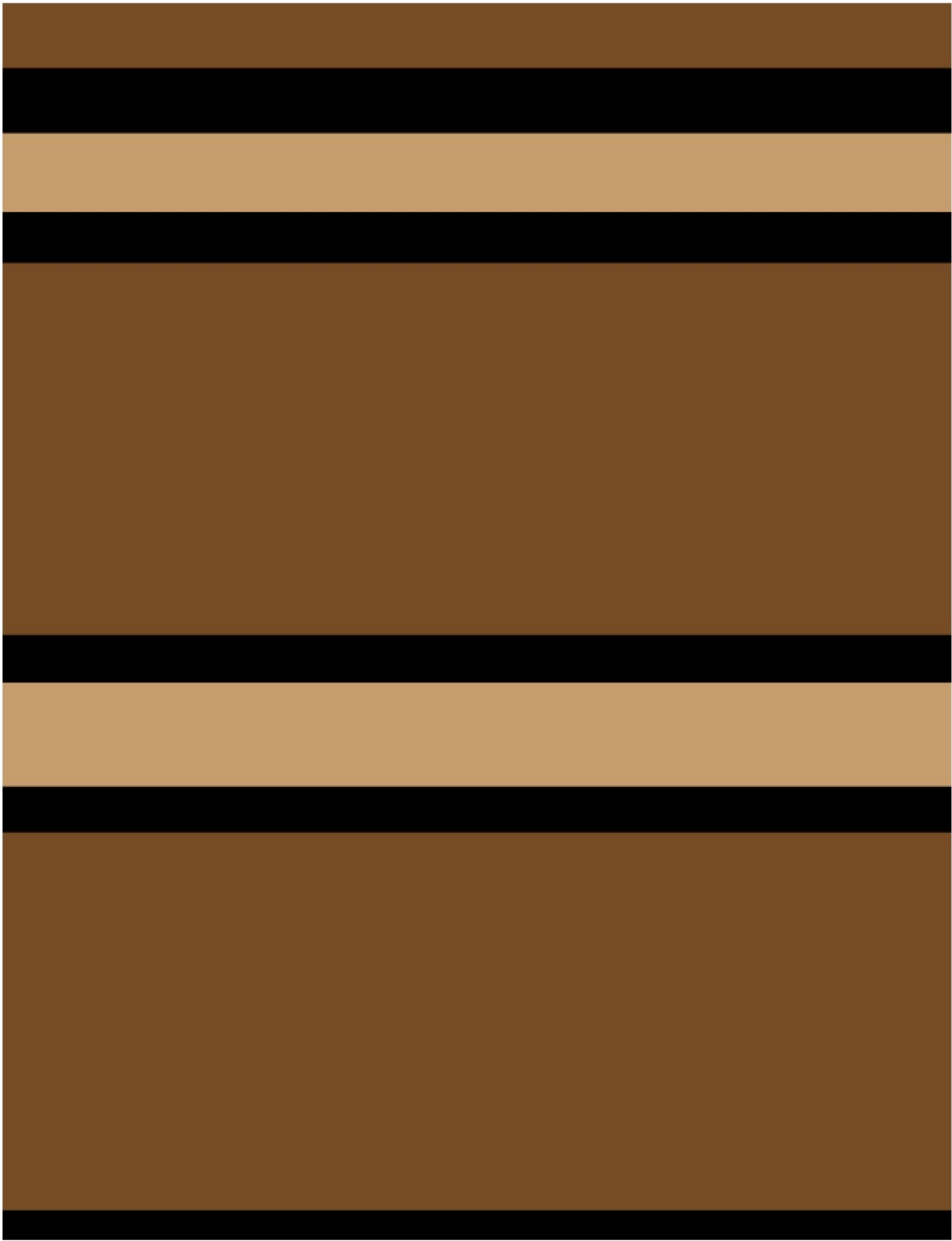
Stress

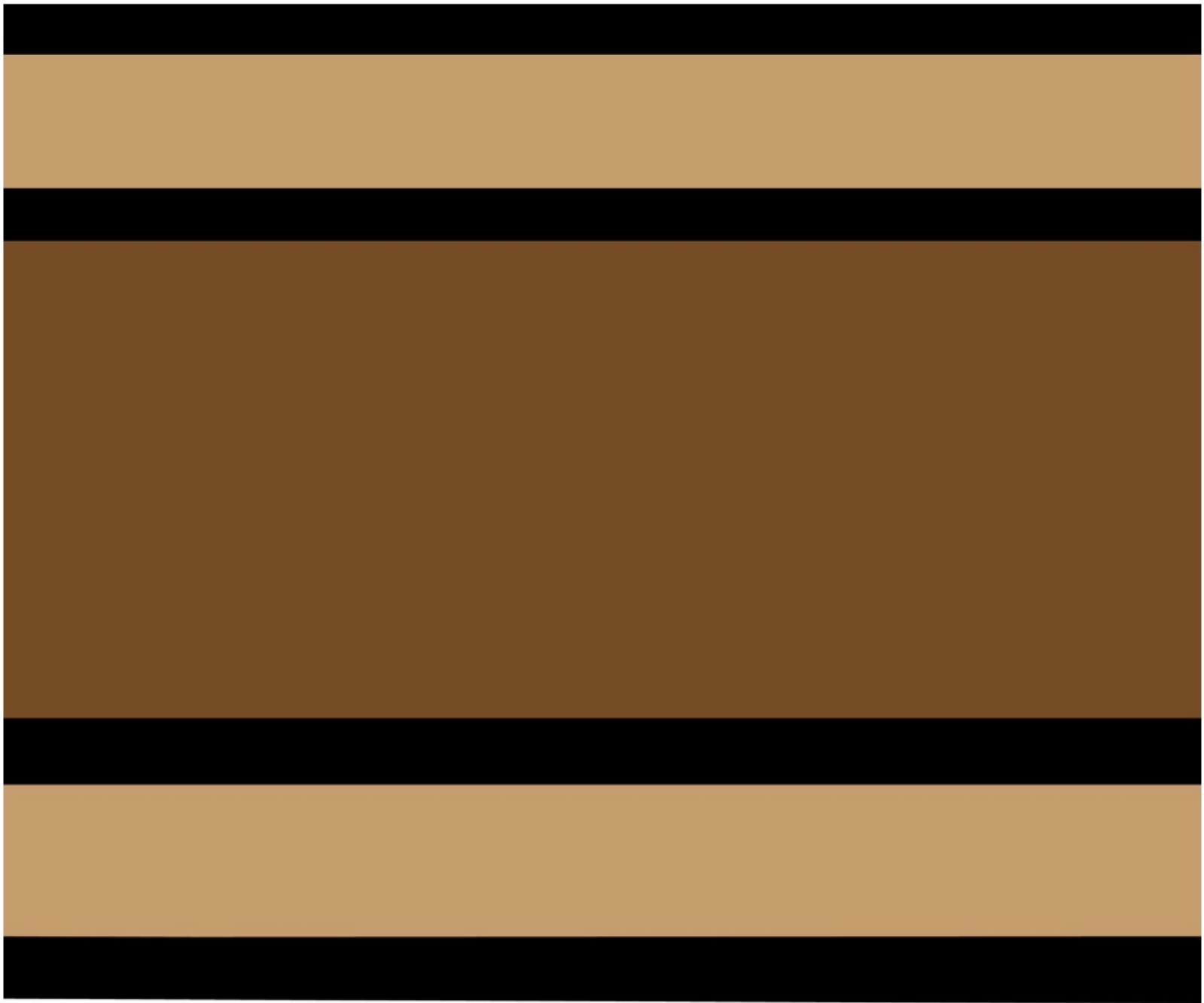


Sadness



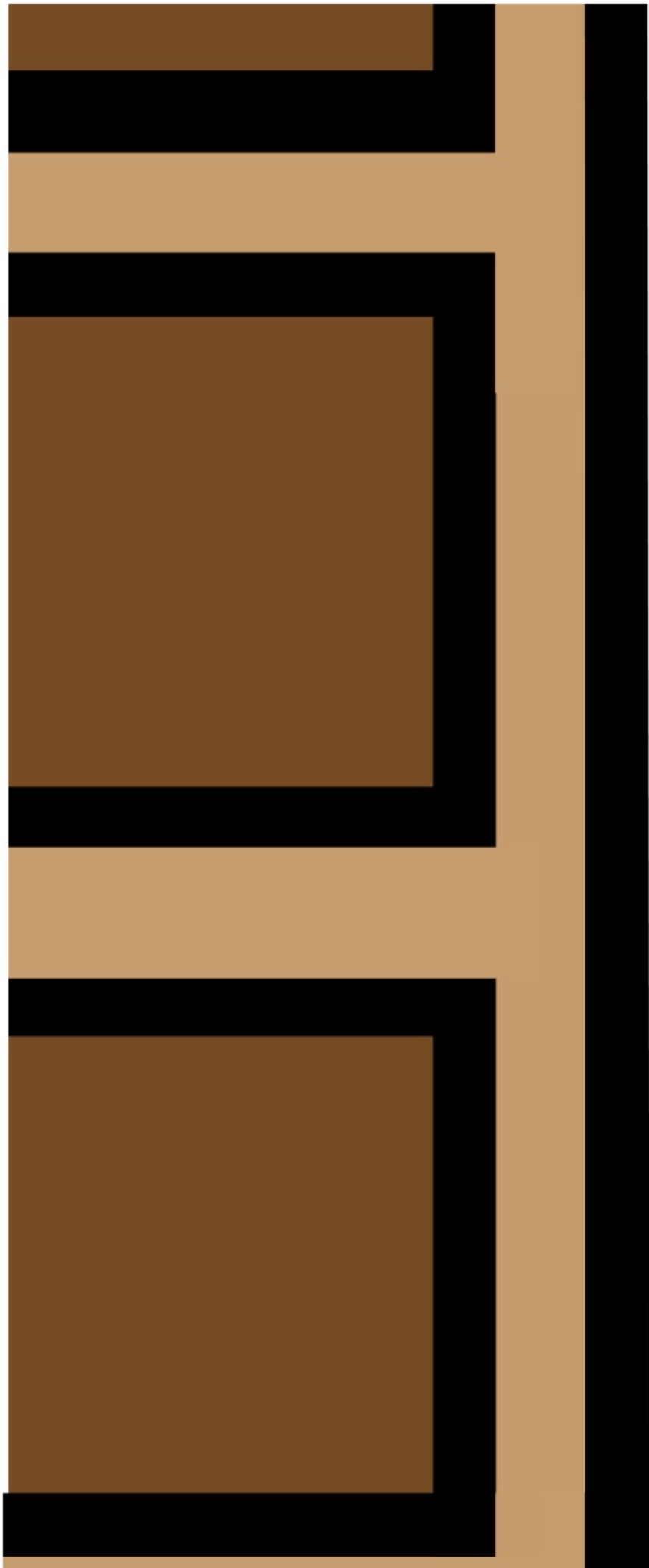
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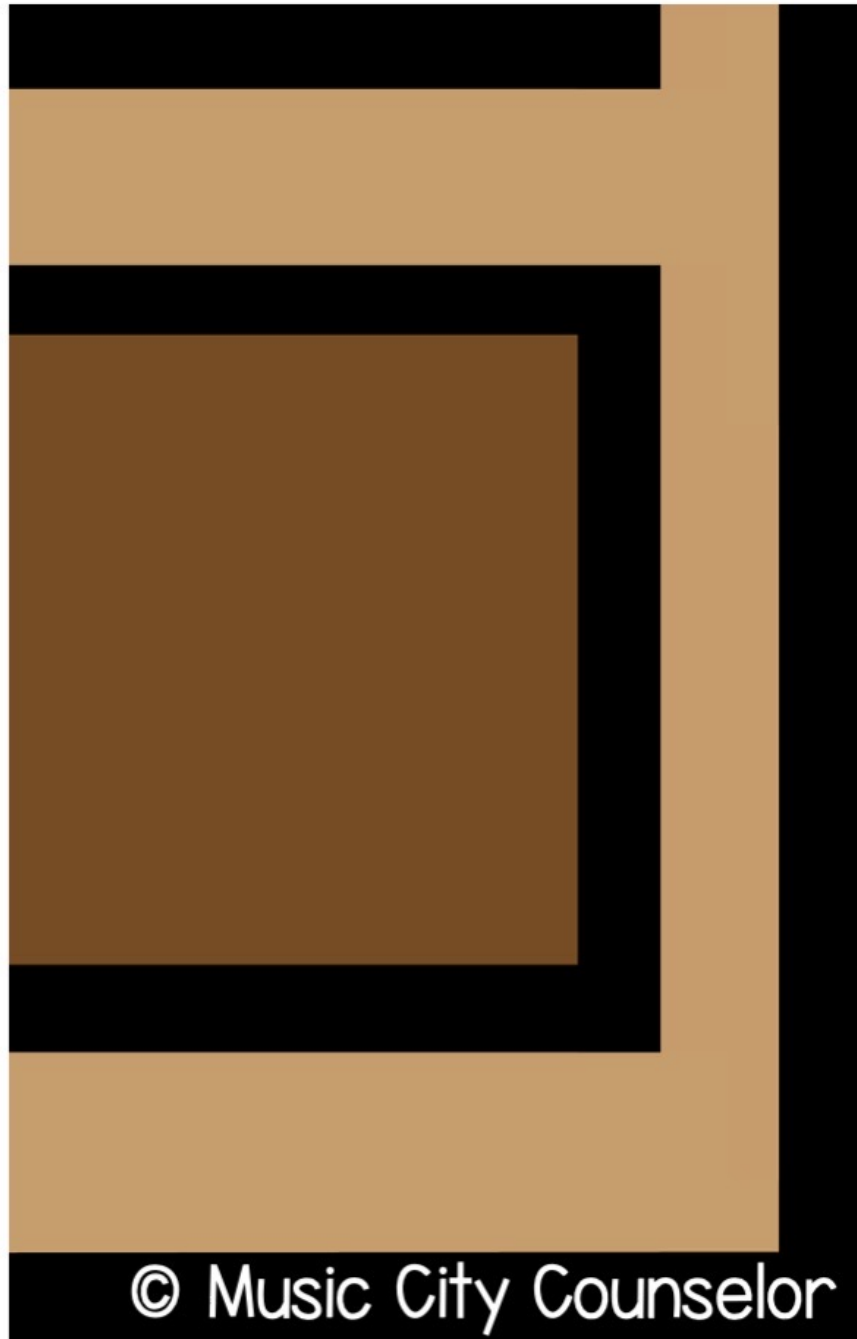




ANGER?







© Music City Counselor



Juliette
skipped
De'Mario in
the lunch line.
**WHAT IS HIDING
UNDER HIS
ANGER?**

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Maria thinks
her friends
are talking
about her.
**WHAT IS HIDING
UNDER HER
ANGER?**

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Josie got a
mean text
message
from Carrie.
**WHAT IS HIDING
UNDER HER
ANGER?**

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Juan's
classmates
laughed at
him.
**WHAT IS HIDING
UNDER HIS
ANGER?**

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Finn called
Ronaldo mean
names.
**WHAT IS HIDING
UNDER HIS
ANGER?**

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Leah bullied
younger
students on
the bus.
**WHAT IS HIDING
UNDER HER
ANGER?**

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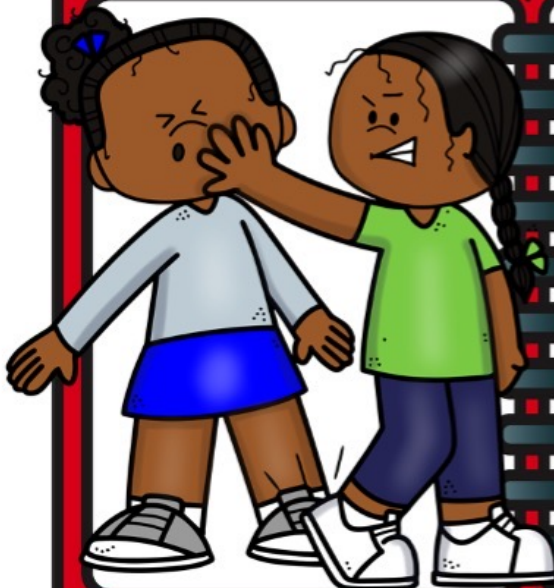
Stella yelled
at her
friends at
recess.
**WHAT IS HIDING
UNDER HER
ANGER?**

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Everett broke
the window
playing
baseball.
**WHAT IS HIDING
UNDER HIS
ANGER?**

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Tameka hit
Keisha at the
bus stop.
**WHAT IS HIDING
UNDER HER
ANGER?**

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Anna doesn't understand the assignment.
WHAT IS HIDING UNDER HER ANGER?

© Music City Counselor



Sally threatened Vicky in P.E.
WHAT IS HIDING UNDER HER ANGER?

© Music City Counselor



Jonathan lost his dog.
WHAT IS HIDING UNDER HIS ANGER?

© Music City Counselor



Shane has to
present his
book report
to the class.
**WHAT IS HIDING
UNDER HIS
ANGER?**

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Diego's
friends left
him out.
**WHAT IS HIDING
UNDER HIS
ANGER?**

© Music City Counselor



Nathan's mom
said he can't
play with his
friends.
**WHAT IS HIDING
UNDER HIS
ANGER?**

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De'Mario was late to school this morning.
WHAT IS HIDING UNDER HIS ANGER?

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Grant's tummy was growling in class.
WHAT IS HIDING UNDER HIS ANGER?

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Lorena doesn't want her mom to leave.
WHAT IS HIDING UNDER HER ANGER?

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Michael's
room was
super messy.
**WHAT IS HIDING
UNDER HIS
ANGER?**

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Emily got lost
on the way to
school.
**WHAT IS HIDING
UNDER HER
ANGER?**

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Shandi has a
big test
today.
**WHAT IS HIDING
UNDER HER
ANGER?**

© Music City Counselor



Ryan burned
his mom's
birthday
cake.
**WHAT IS HIDING
UNDER HIS
ANGER?**

© Music City Counselor



Marcus
dropped his
ice cream
cone.
**WHAT IS HIDING
UNDER HIS
ANGER?**

© Music City Counselor



Sawyer
sprayed
Ketchup in his
face.
**WHAT IS HIDING
UNDER HIS
ANGER?**

© Music City Counselor



Kingston
pointed and
laughed at
his brother.
**WHAT IS HIDING
UNDER HIS
ANGER?**

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Miguel broke
his partner's
pencil on
purpose.
**WHAT IS HIDING
UNDER HIS
ANGER?**

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Allison broke
her mom's
favorite vase.
**WHAT IS HIDING
UNDER HER
ANGER?**

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ANGER

QUIZ

Name: _____

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UNDER MY ANGER

1. Color how you are feeling.



Calm



Annoyed



Frustrated



Angry



Out of Control

2. Share what happened.

3. Color which feelings are under your anger.



Rejection



Sadness



Hurt



Stress



Embarrassment



Loneliness



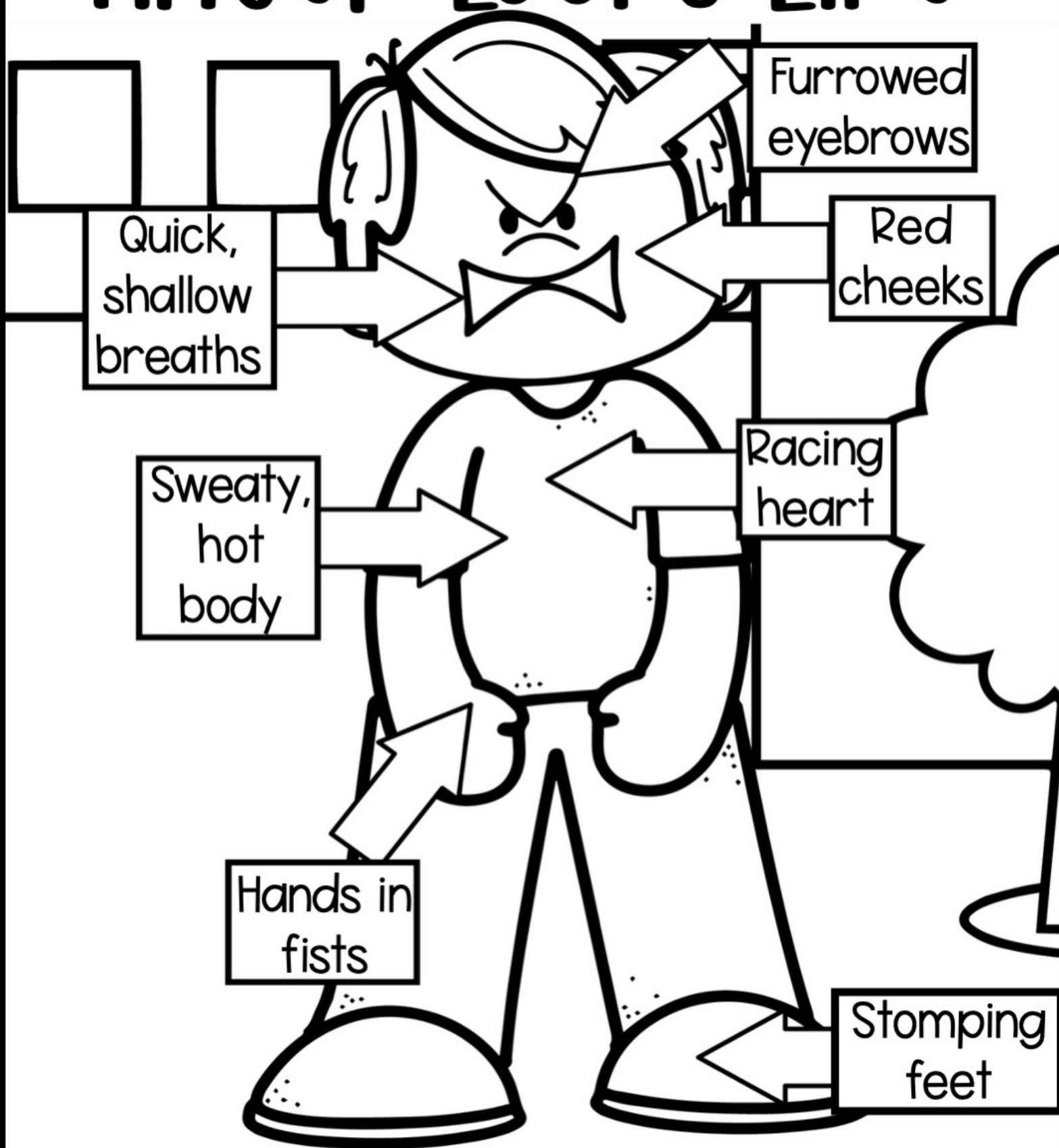
Hunger

COLORING PAGES

Name: _____

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ANGER LOOKS LIKE

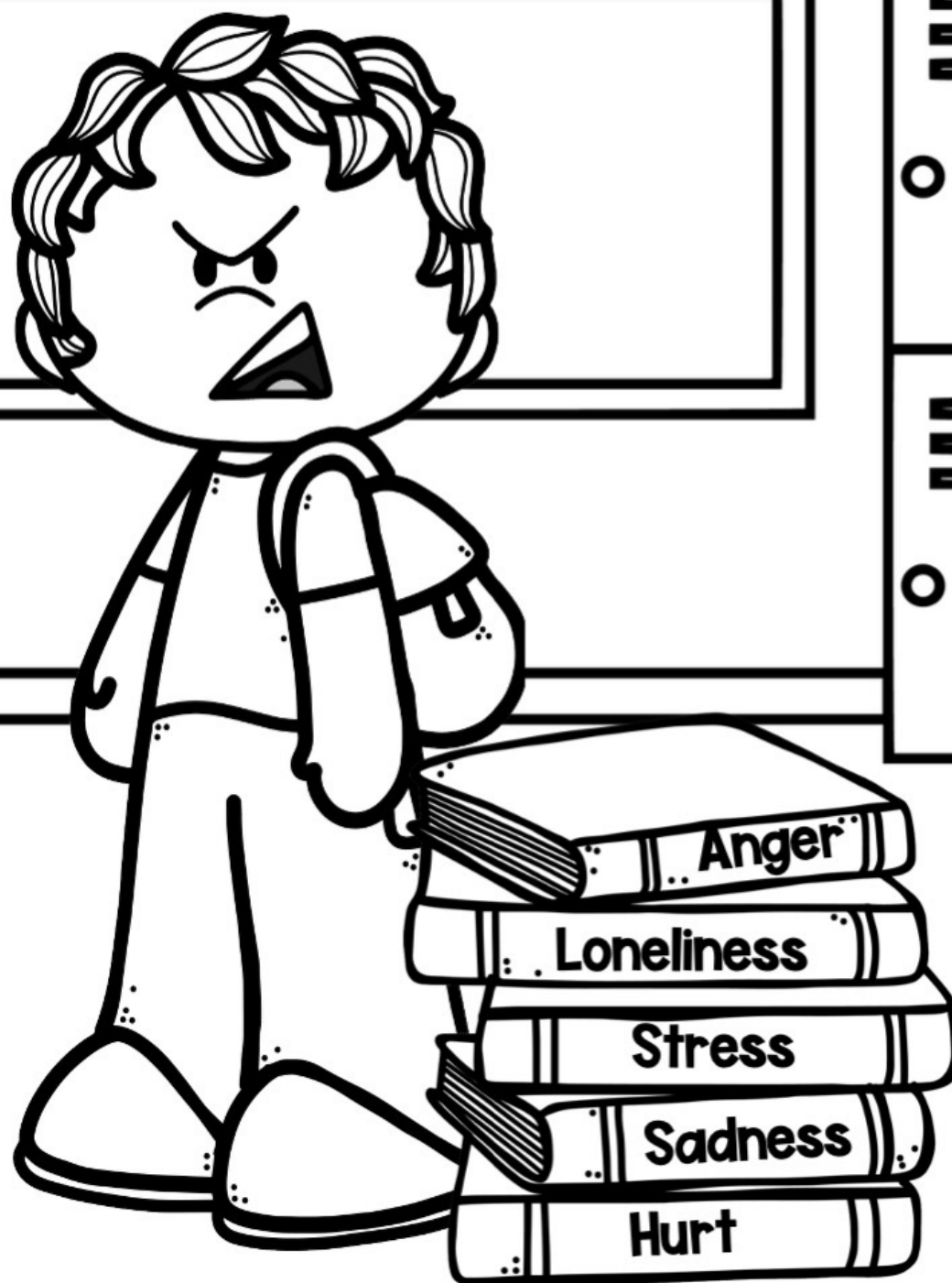


Name: _____

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UNDER MY ANGER

When anger shows up, there are usually other feelings hiding underneath it.



Name: _____

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UNDER MY ANGER

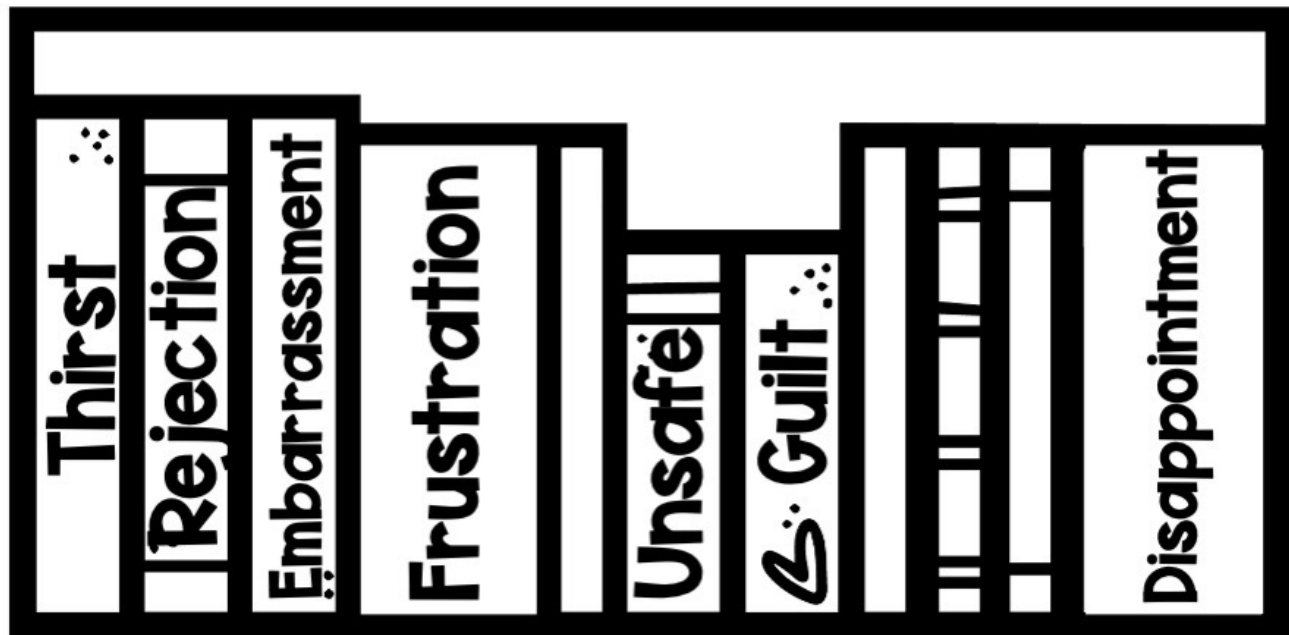
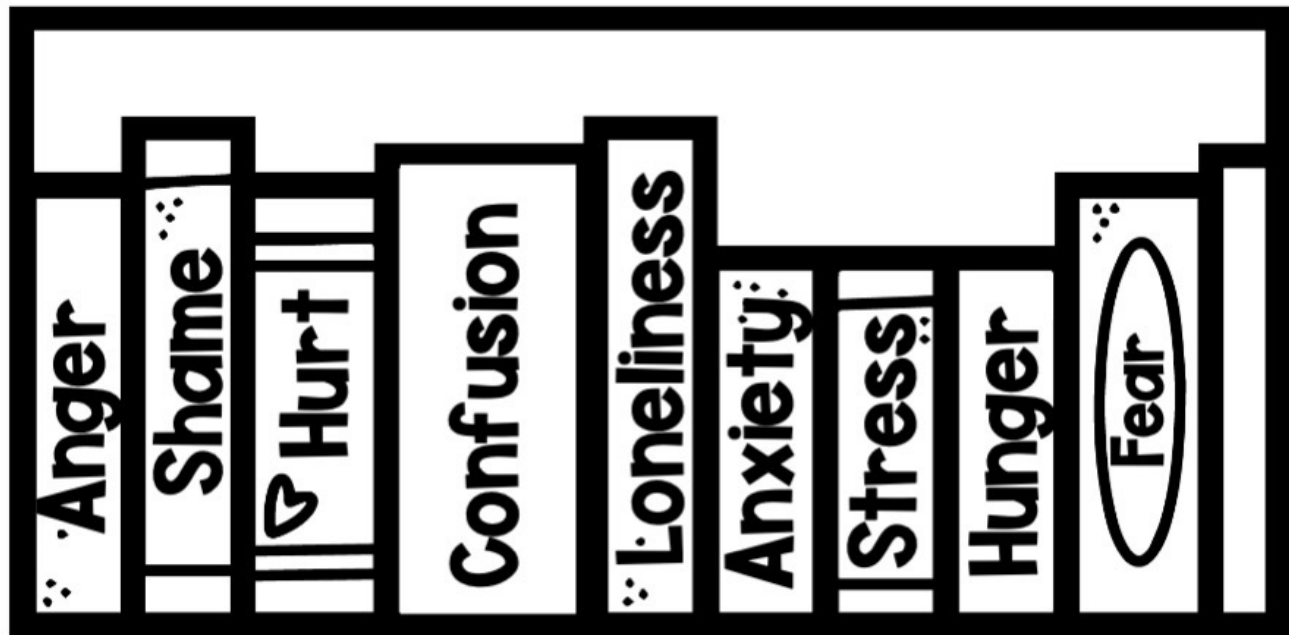
When anger shows up, there are usually other feelings hiding underneath it.



Name: _____

UNDER MY ANGER

When anger shows up, there are usually other feelings hiding underneath it.



Name: _____

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UNDER MY ANGER

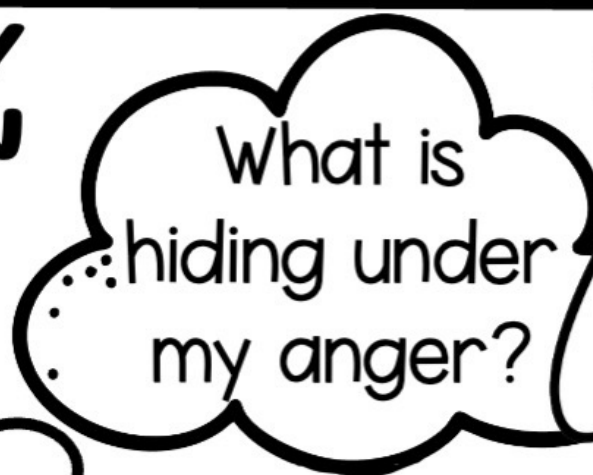
1 STOP



2 PAUSE



3 THINK



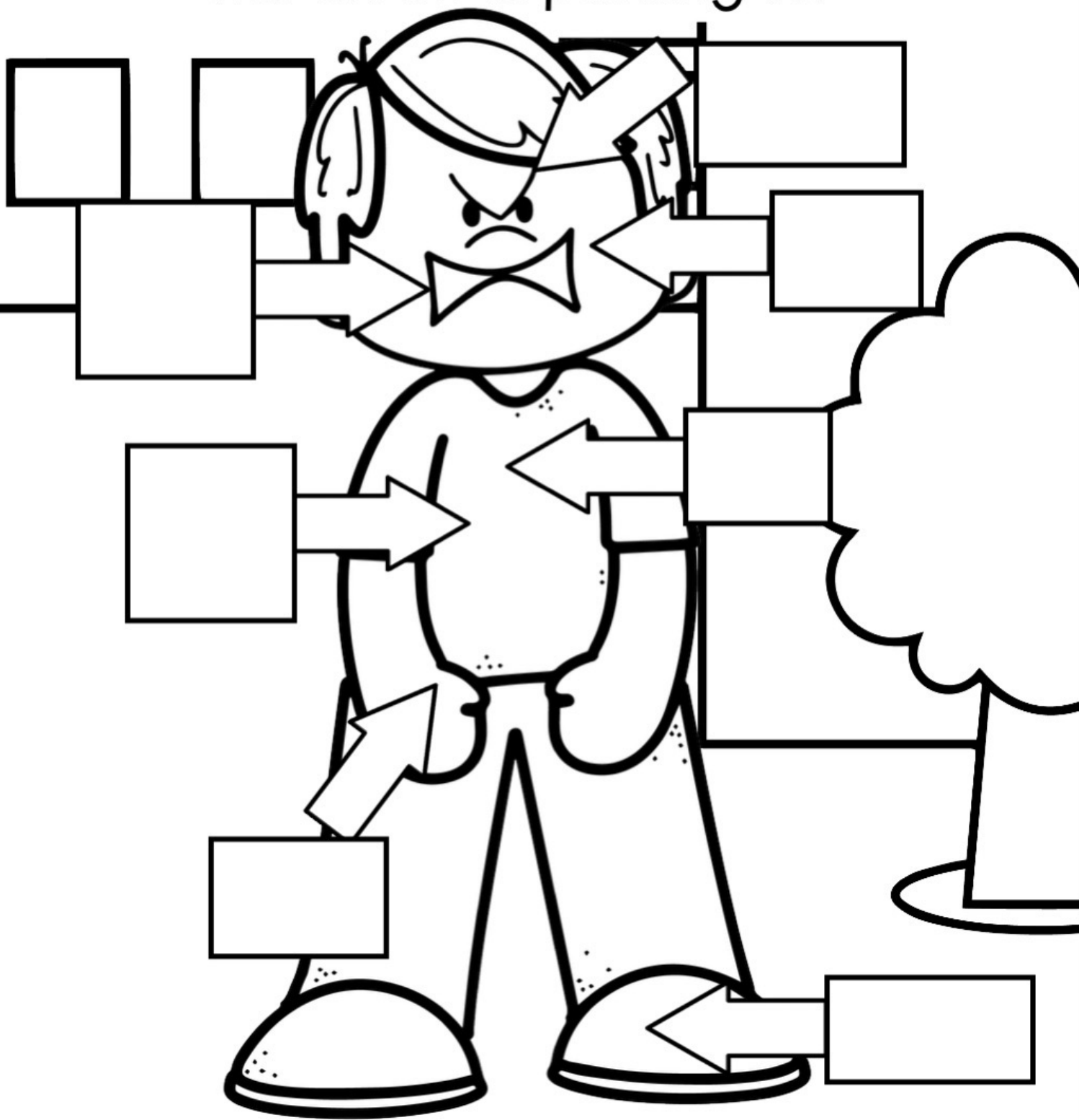
WORKSHEETS

Name: _____

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ANGER LOOKS LIKE

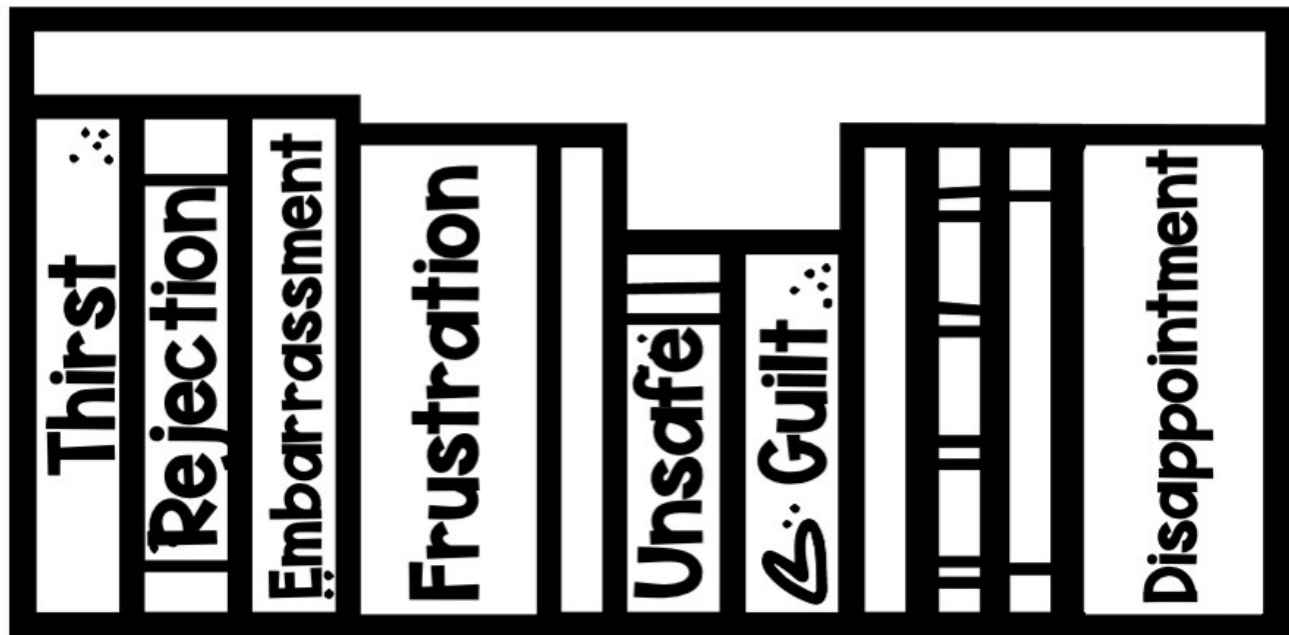
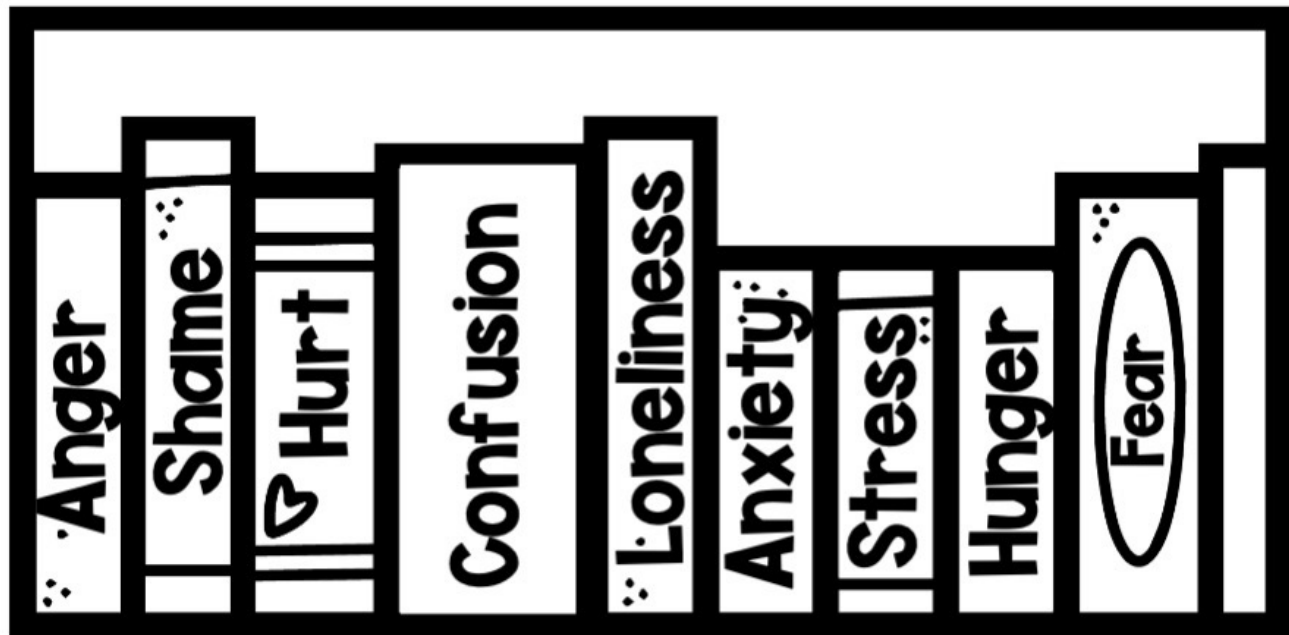
Write in each box the sign of anger that the arrow is pointing to.



Name: _____

UNDER MY ANGER

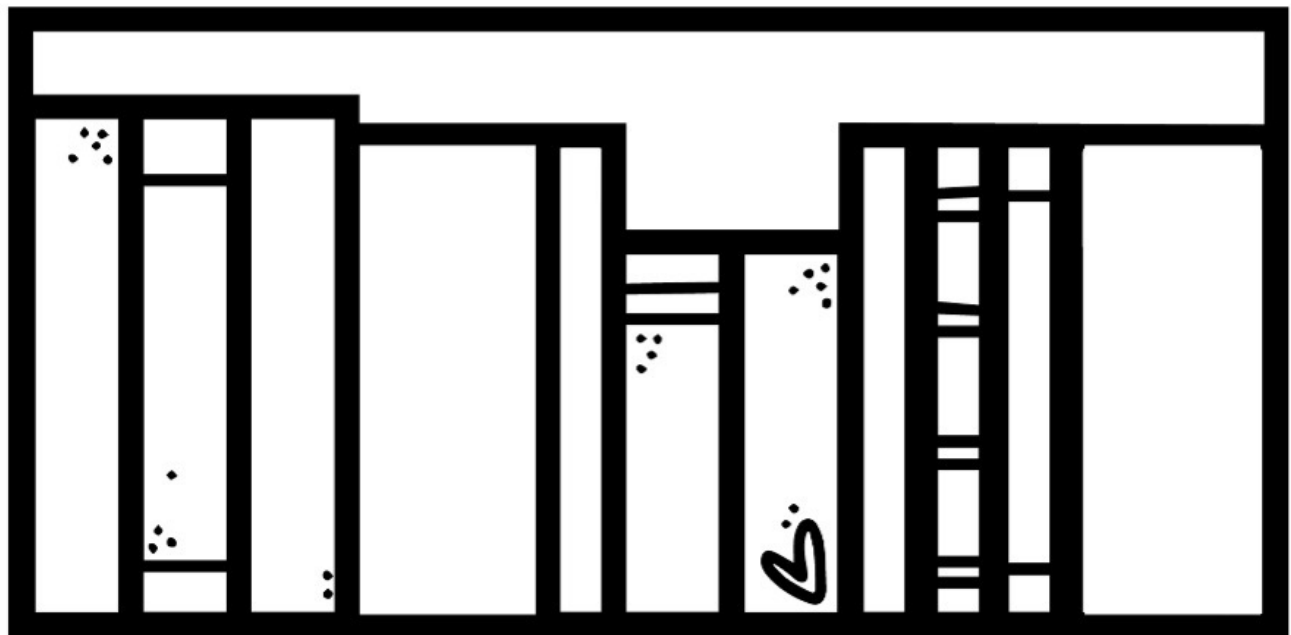
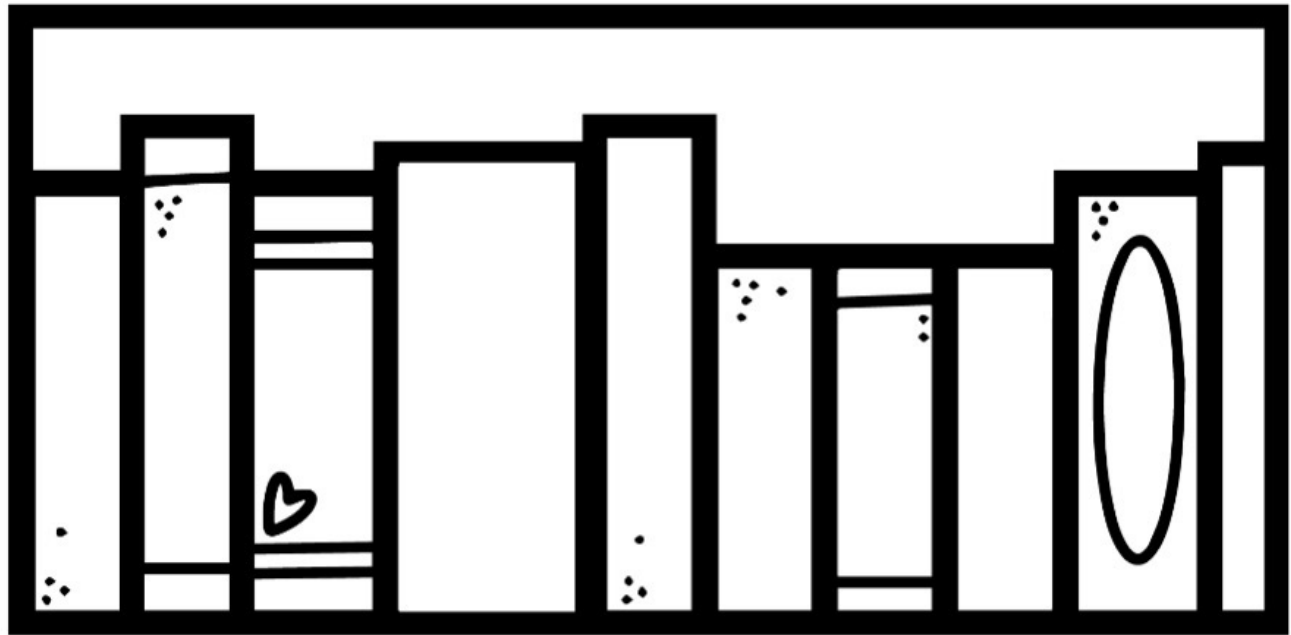
Color the books that show feelings that hide under your anger.



Name: _____

UNDER MY ANGER

Write a feeling on each book that hides
under your anger.



Name: _____

UNDER MY ANGER

Write a feeling on each book that hides
under your anger.



Name: _____

UNDER MY ANGER

Color the feelings that are hide under your anger.



Stress



Hurt



Rejection



Embarrassment



Sadness



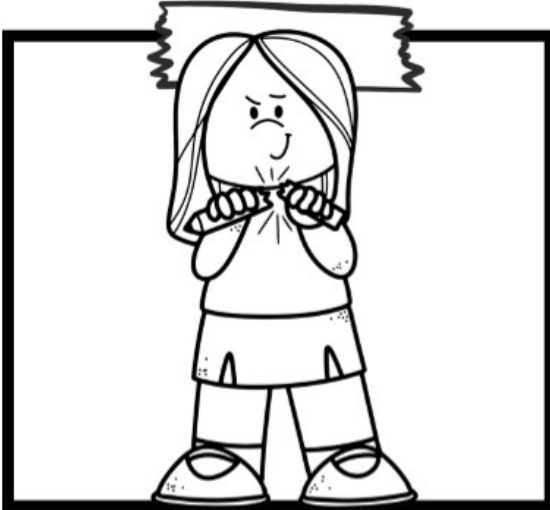
Loneliness

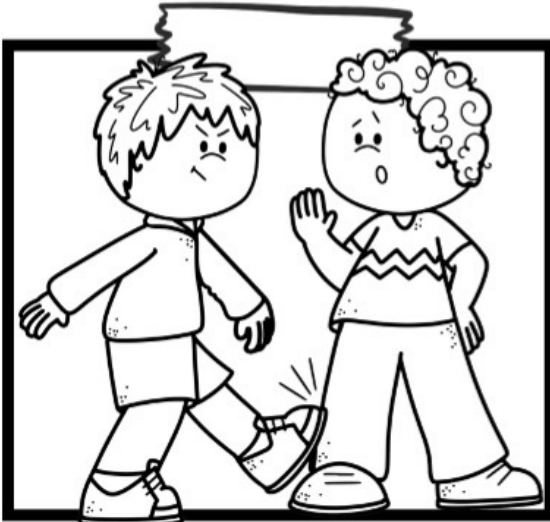
Name: _____

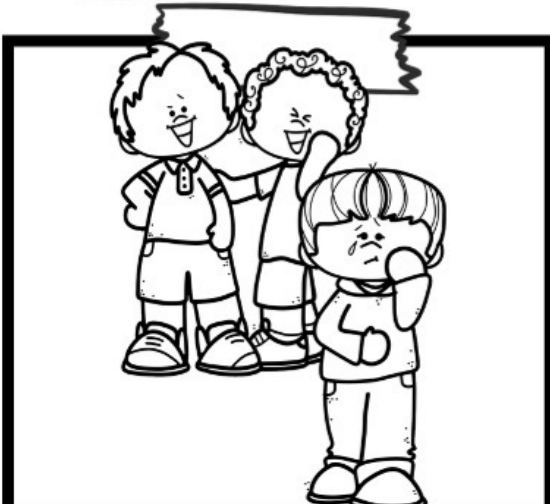
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STOP, PAUSE, THINK

How could these friends stop, pause, and think about what's hiding under their anger?



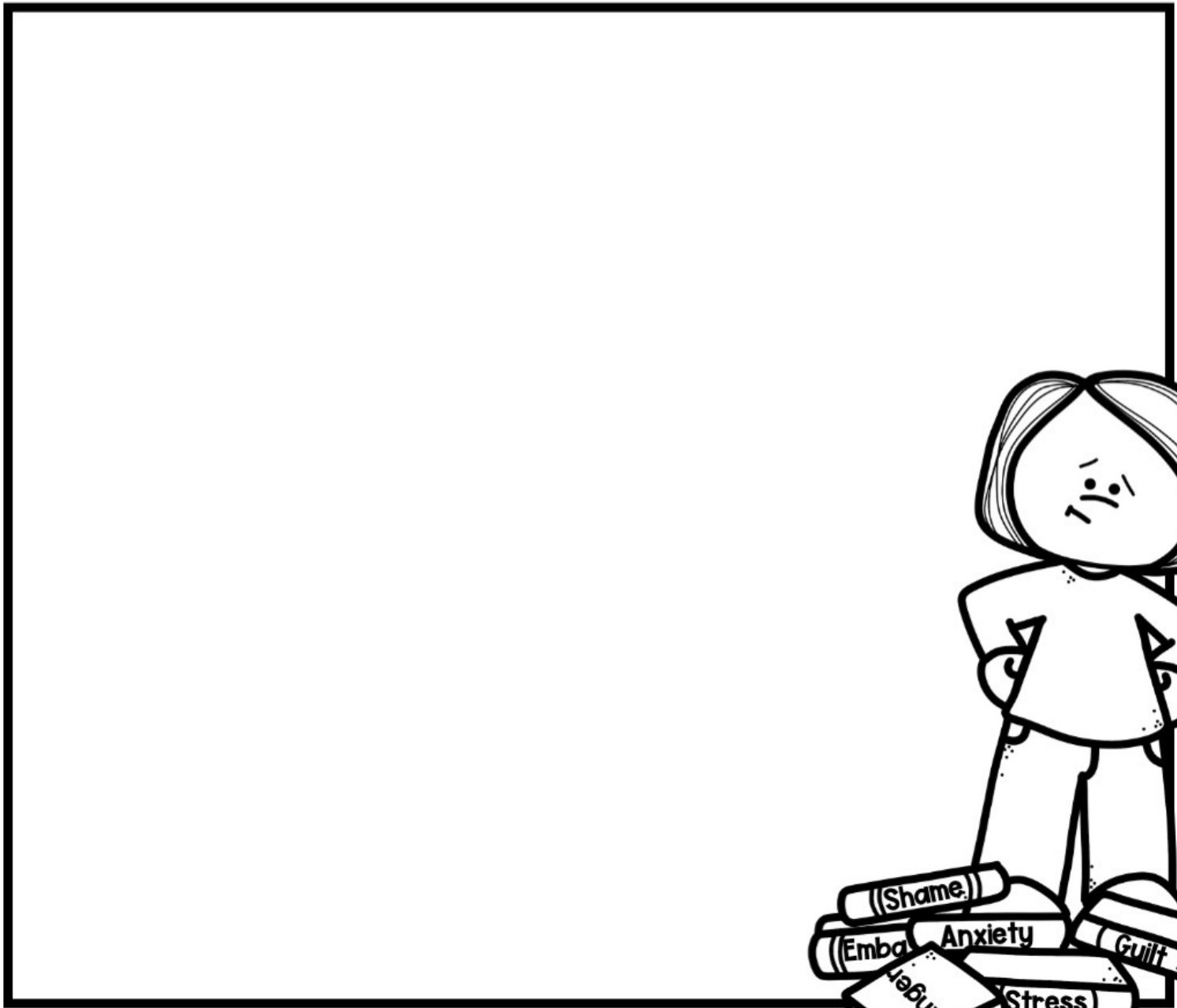




Name: _____

UNDER MY ANGER

Write and draw about the feelings that hide under your anger.



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♥ Laura Oathout

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