



Everybody Feels....ANGRY!

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NOVEL STUDY

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SUMMARY

The book is split into two stories about a boy and a girl who become angry. Sophie becomes ANGRY GIRL and Ethan becomes ANGRY BOY. They work together to feel better. The book talks about the different reasons that people feel angry and the way that anger feels and looks.

CHARACTER REVIEW

Sophie

Ethan

SEL THEMES IN THE BOOK

- Feelings – angry, calm, happy
- Friendship
- Self- control

STUDY QUESTIONS

PAGES 4 AND 5

- **Can anyone think of a time that they felt angry?** Refer to the page to see if their example links in with one that has been written.
- **This is a great description of how angry feels, let's read it again and act out the things that are written. Look at your friends faces, do they look angry?** Compliment children on their efforts.
- **Is 'angry' a comfortable or uncomfortable feeling?** Refer to the Feeling Face cards.

PAGES 6 AND 7

- **Look at Sophie's face when Meg the dog is chewing her trainer. What do you notice?** Encourage the children to look at Sophie's eyes and mouth and use the Feeling Face cards and facial feature pages from the Feelings lessons as a point of reference.
- **Sophie's brother drew on the picture she had been working hard to finish, how would that make you feel?** Ask the children to show you angry faces and then pass an angry face around the circle. Start with a child who is displaying a particularly good angry face and draw the children's attention to that child. The child will then turn to the child next to them displaying the angry face and this will go all the way around the circle. Compliment the children on their efforts.

PAGES 8 AND 9

- **Sophie looks very angry. What does she mean when she says that she 'felt like a kettle about to boil'?**
- **Let's pretend we are turning into an angry girl like Sophie, let's screw up our faces and bunch up our fists.** Encourage the children to look at each other's faces and body language.
- **When Sophie began to feel like 'a kettle ready to boil' what could she have done to calm down?** Turtle.

PAGES 10 AND 11

- **Sophie shouted and made Oscar cry. Is it kind to shout at people?**
- **Why did Sophie start to cry?** Explain that anger is an uncomfortable feeling, a feeling that we don't like to have. Sometimes we feel more than one feeling at the same time – angry and sad, scared and sad, happy and excited, etc. Give examples of this from the setting – *'Ellie, when your mummy left this morning you felt sad and angry. You didn't want to play with anyone and you were crying.'*

PAGES 12 AND 13

- **Look at the difference in Ethan's face from the first page to the second page. What do you notice?**
- **How does Ethan feel on the first page?** Use the Feeling Faces as a point of reference.
- **How does Ethan feel on the second page?** Use the Feeling faces.



PAGES 14 AND 15

- **What does Ethan mean when he says that he ‘felt like a balloon ready to burst’? What feeling is he describing?** Explain that as a balloon fills with air and gets bigger and bigger it tightens until eventually it pops. You could demonstrate this to the class or show them a clip of this on YouTube.
- **Have you ever felt that way?** If the children are unable to give examples the staff can use examples from their observations of children in the nursery – ‘*Joe, this morning you felt very angry when you did not get a turn on the bikes. You scrunched up your face and began to shout.*’
- **Is it a comfortable or uncomfortable feeling?** If the children are unable to remember, use the Feeling Face cards.
- **When Ethan began to feel angry what could he have done to calm down?** Turtle. Ask some confident children to show the rest of the group what Ethan could have done.

PAGES 16 AND 17

- **Ethan shouted at his brother, is this OK or NOT OK?** Give some examples of OK and NOT OK behaviour for this scenario – it would have been OK to go and watch some TV to calm down, play with his toys, walk away. It’s NOT OK that Ethan shouted at his brother as that could have made him sad.

PAGES 18 AND 19

- **Ethan and Sophie helped each other, this is a kind thing to do. Who can you speak to when you are feeling angry?** Encourage examples from home and the setting.
- **It says that the garden was quiet and calm, it’s easier to calm down when it’s like this. Where could you go in nursery that’s quiet and calm?** If the children cannot think of anywhere, staff can discuss the different places where children can go. If you do not currently have somewhere like this you could create this into an activity for a later date. Including the children will give them more ownership over the area and they will be more likely to use it. If you do not have the space to create an area, create a calming down box which could include things like bubbles, squidgy toys, music, etc.
- **Look at Sophie and Ethan’s faces after they have said sorry and made friends with their brothers, how do you think they feel?** Use the Feeling Face cards to demonstrate how they have changed their feelings from angry (uncomfortable) to happy (comfortable).

PAGES 20 AND 21

- **Draw children’s attention to the change in Sophie and Ethan’s faces.** These pages can be used as a recap for later activities. Useful for young children with shorter attention spans.

PAGES 22 AND 23

- **These definition pages are useful for older children.** For an activity you could read some of these definitions and ask the children to act them out as you read them.



PAGE 24

- This page is full of fantastic activity ideas from the story.