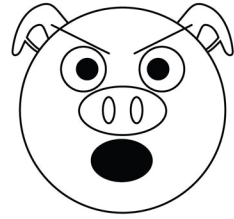


Mad mad world



Where to start: Learning to identify feelings helps kids build emotional intelligence. Sometimes it's easier to talk about the feelings of characters in books or TV shows. Start with a conversation about feelings. Can they think of a character who got really mad? What happened? Can they think of a time they felt mad?

Prompt: What is something that makes you mad? Why?

How to go deeper: Do the same exercise with other feelings, such as happy, surprised, sad, and frustrated. What does that emotion feel like? What does it look like? Does being angry feel like a pot of boiling water? Like a speeding train? Like a balloon popping? (Use the back of this page to write.)