

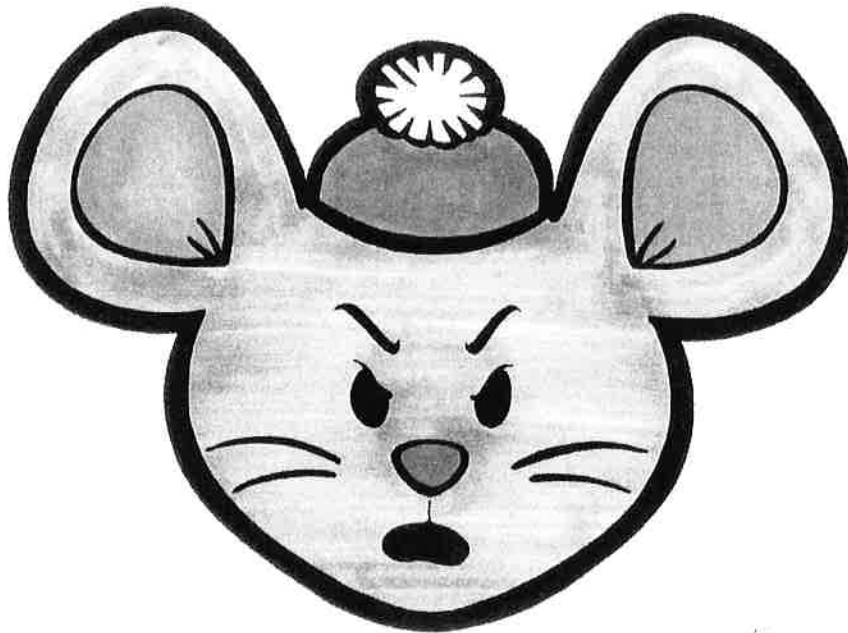
Message to parents

WORKSHOP 8 Feeling angry

Dear parents,

Today *Minipally* came with his friend Tickle Rabbit and got angry at him. Tickle took his toy from him. *Minipally* told him “No, it’s mine!” but the rabbit did not give it back. It made me feel better to see that *Minipally* gets mad sometimes too, just like me. He doesn’t smile, he has big angry eyes, and sometimes he growls. I like it when you help me understand that what’s taking hold of me is anger. When you tell me what I do when I’m mad (I get red, I growl, I shout) and what made me mad, I feel understood and I learn to say what I’m feeling.

Note: Young children can learn to say “mad” when they are repeatedly given a model to follow.



K. Green