



Llama Llama Mad at Mama

By Anna Dewdney

This is a story about Llama Llama and a very frustrating trip to the store with his Mama. Llama Llama learns how to handle tough emotions.

BEFORE READING:

- Show your child the front of the book and encourage them to explore it.
- They may want to hold it, turn the pages, or even taste it!
- Point to Llama's face and ask your child what they think Llama is feeling.

WHILE READING:

- Stop if there is something you or your child would like to talk about. Ask questions so they can connect what is happening in the book to things they already know about. Try some of these ideas:
 - What kinds of things do you see at the store?
 - What does your mad face look like?
 - What do you do when you're mad?
 - Ask your child to point out what they see. Name and identify the pictures.
 - What is Llama playing with?
 - Uh-oh! Llama made a mess! I see puffs on the floor

AFTER READING:

- Spend some time talking about the story. Help your child understand anger. Ask
 - How did Llama feel at the store?
 - What did he do?
 - What made Llama feel better?
 - Help teach your child helpful ways to deal with tough emotions like anger. Reassure them that all emotions are ok to feel, and teach them ways to behave in appropriate ways.



Read this book several times to the children. Hearing the same story again and again helps them learn new words and understand the ideas they hear better. Each day pick a different activity to do with the children after reading.

MOVEMENT

Pretend to be angry llama. Your child might huff and puff and stomp their feet. Encourage them to use their words to express their feelings. Next, pretend to be happy Llama. Talk about how happy Llama looks and acts differently than angry Llama.

SOCIAL EMOTIONAL

Help your child practice taking deep breaths when they get angry. Hold up your pointer finger and pretend it is a birthday candle. Encourage your child to take a deep breath and blow the candle out. Explain that when they feel angry they can take a deep breath to calm down.

ART & MUSIC

Help your child have fun with rhymes. You could sing rhyming songs like “Down by the Bay,” “The Itsy, Bitsy Spider,” or “Twinkle, twinkle little star.”

PRETEND PLAY

Pretend that you are angry Llama. Use a paper plate to draw an angry face, and another to draw a happy face. Encourage your child to hold up their plate and express the emotion, anger or happiness. You can try adding other emotions too (sad, scared, etc.).

For more information, visit: http://msue.anr.msu.edu/topic/info/early_childhood_development