



## When Sophie Gets Angry

By Molly Bang



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This book talks about why a young girl gets angry and ways she helps herself feel better.

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### BEFORE READING:

- Show the children the front of the book. Ask them to guess what the book is about.
- Ask them what color the girl's eyes are.
- Ask them to describe how the girl feels.

### WHILE READING:

- Stop at any time if there is something you or the children would like to talk about.
- Ask them questions so that they can connect what is happening in the book to things they already know about. Try some of these ideas:
  - ⇒What makes you angry?
  - ⇒What do you do when you feel angry?
  - ⇒How do you feel better when you get angry?

### AFTER READING:

Spend some time talking about the story. Ask the children things like:

- ⇒Why did Sophie get angry?
- ⇒What did Sophie do when she got angry?
- ⇒What did Sophie do to make herself feel better?
- ⇒What was Sophie's family doing when she came back to the house?

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 "When Sophie Gets Angry".



### MATH AND SCIENCE

Gather several pairs of black (dark) and white (light) socks and place them in a pile. Place a few of the socks in a pattern in a line, such as black, white, black white. Have the children place the colored sock that they think would come next. Try different patterns together.

### READING READINESS

Make spaghetti letters. Using cooked spaghetti, help the children form letters on a plate or cookie sheet with the noodles.

### MUSIC AND MOVEMENT

Teach the children your favorite song from your childhood. Think of favorites such as “You Are My Sunshine”, “I’m a Little Teapot” or “Rain, Rain Go Away”. Sing the song to the children at naptime, as you wait in line or other times you are together waiting.

### MOTOR SKILLS

Make a puzzle for the children. Use the box from a favorite cereal and cut out the front or back panel. Carefully cut the panel into smaller pieces. Lay the pieces on a flat surface such as a table, and help the children to put the puzzle together.

### THINKING SKILLS

Ask the children to tell you about a time when they were angry. Ask them what they were angry about, and what they did to not be angry any more. Ask them what they can do the next time they are angry too.

### ART

Make a class drawing together. Use pictures of the children if you have them, or draw pictures of each child. Finally, write the name of each child and hang your picture on the bulletin board.

### PRETEND PLAY

Make different faces for each other. Practice a happy face, a sad face, an angry face and a surprised face. Make faces for the children and have them try to guess how you are feeling by your facial expression. Don’t forget to have a silly face contest too!

