

Howard B. Wigglebottom Learns It's OK to Back Away

Suggestions for Lessons and Reflections

WHAT IS ANGER?

Anger is a strong, bad feeling we have for a person or thing. We all get angry.

What makes your friend angry might not make you angry. Some of us get very angry, others just a little. Some of us can get very angry very fast. Others get angry slowly.

Different things make us angry at different times. When we feel hungry and tired we are more likely to get angry.

Usually when we feel angry we feel the need to hurt the person or the thing that is angering us. We might do things that will get us in trouble (like using bad words, hitting, kicking, etc.) and later on feel really sorry about it.

To stop feeling bad about ourselves and getting in trouble, it's important to find out what makes us angry and how to stop doing the wrong things. Remember, we never want to hurt or get hurt.

WHAT MAKES US ANGRY? WHAT DO WE LOOK LIKE, AND WHAT DO WE DO?

Most of us will feel angry when we can't get our way; that means when we can't get what we want fast. We also usually feel angry when someone tells lies about us, breaks our things, or takes them without permission.

Can you tell what makes your friends, teachers and loved ones angry? How about on TV shows and cartoons? What do they look like when they are angry? Can you tell which of these faces look sad, scared or angry? What do the people you know say when they get angry? What made Howard angry in the book and what did he do when he got angry? Howard got angry when he couldn't get what he wanted, and then he did the wrong things. Do you know what makes you angry? Do you always want to be first? Do you like to share your things? Do you feel angry when you can't get what you want? What do you do when you are angry? Ask the people at home and at school to tell you what they think will make you angry and what you do when you get angry.

LISTENING TO OUR TUMMY

When we feel good and happy our bodies feel nice and strong. When we feel angry, scared, or sad our bodies don't feel good.

When we are not sure about how we feel, we can find out quickly just by paying attention to our bodies. Our hearts will beat faster or slower, we might feel hot or cold, our faces can get reddish or very white, and our tummies may feel tight or shaky or upset. The easiest part of the body for us to pay attention to is the tummy. It will take a lot of practice to get good at it.

Start by paying attention to your tummy when you are feeling good. Touch your belly, feel the skin, move and shake your belly around. Notice how it moves nicely. Then, listen to your tummy when it's hungry. Most of us feel a little upset when we are hungry and our tummies make noises. When we touch it and move it around, it does not feel so nice. If we practice listening to our tummies every day, they will let us know when we are angry, sad, and scared, too. We will notice how it does not feel good at all. Remember: It takes practice to be good at it!

IT'S OK TO BACK AWAY

Whenever we feel our tummy is tight and we are feeling angry, we have to back away—right away—before we do the wrong things. Say “Stop. It is OK to back away”—then walk away.

When you can't walk away, stand on one foot, then the other, and keep changing your feet. No one is good at doing this the first time. It takes a lot of practice. Think about how many hours the champions practice every day!

THINGS TO DO TO FEEL GOOD AGAIN

When we back away before doing the wrong things, we will feel very nice. But it will take a while for our bodies to catch up and feel good again. The fastest way to make our bodies feel good again is to go outside and play. Do things that our bodies like to do: run, jump, kick, throw a ball, clap fast and hard, spin around, or scream “Ninja Bunny!” (or anything you like) three times.

If it's not possible to go outside: Count your fingers and toes forward and back ten times. Look at a pet, a tree, or a flower while you count to one hundred. Think of a person you like, someone you said “thank you” to, or someone who was very nice to you. Interlace your fingers one way then another several times. Slap your tummy gently five times, rest, then slap it again; do it many times. Tell someone how you feel. Sing a song that you like. Try to whistle, or draw a picture in colors about a place you would like to go.

**PLEASE CONTACT US AT WEDOLISTEN.COM AND SHARE YOUR WAYS TO
BACK AWAY AND TO FEEL GOOD AGAIN.**