

**Skill Area(s):**  
Feelings/Emotions  
Behavior/Stress

## Dealing With Anger – Mad Isn’t Bad

By: Michaelene Mundy

**Level:** intermediate, advanced

**Goal:** to help children recognize and understand anger and how to deal with it.

**Materials needed:** Mad Isn’t Bad, A child’s book about anger, by Michaelene Mundy. Paper, colored pencils, and a folder.

### **Activity:**

Use this book with children in situations when they are not mad or angry to help them realize and understand times or situations when they do feel this way. If you try and teach it them in a situation when they are upset they will most likely not retain any of the information and will be less successful. This book, Mad Isn’t Bad lets children know that they do have choices related to anger. You can be angry and still be good. After all, everyone gets angry once in a while and that’s normal. We need to help children know what to do with their anger. Through understanding what anger feels like and what triggers it, we can learn and teach healthy ways to handle it. The book offers a positive and honest view of anger and what to do with it.

The book starts by discussing anger as a feeling and that it is okay to have this feeling. It also talks about how being mad can sometimes be a good thing to help motivate you to do something or work harder to solve a problem. The following are what the book covers next: what makes you mad, what does ‘mad’ feel like, why you need to let out your anger, choosing what to do when your mad, how to let others know when you’re mad, good ways to let out anger, not-so-good ways to let out anger, when people are angry with you, and forgiving others and yourself.

While reading this book with children who have difficulty handling anger get out colored pencils and paper. Make lists of these topics for the children and personalize the lists to fit them. Encourage them to make drawings of what they look like and how they feel. Put it all into a folder or book for them to refer back to for generalization. Encourage them to show it to their parents and review the strategies they’d like to use when they get angry. Hopefully once they learn about anger and strategies they can use to deal with it they will, then when you do catch them in a moment of madness you or their parents may be able to refer back to this book or the book they make to help them.