



Let's Meet Anger

EDUCATOR GUIDE

<https://BefriendFeelings.com>





INTRODUCTION

PURPOSE

This guide is designed to help educators and caregivers use Let's Meet Anger as a practical tool to teach emotional regulation, self-awareness, and resilience in children aged 4–9.

HOW TO USE

Each lesson can stand alone or be taught as part of a unit over several weeks. Activities are interactive, playful, and developmentally appropriate.



LESSON 1: UNDERSTANDING ANGER

OBJECTIVE

Explore children's existing beliefs about anger and introduce the idea that anger is a natural emotion.

OPENING DISCUSSION – EXPLORE PRIOR KNOWLEDGE

Ask students:

- “What do you think anger is?”
- “How does it feel when you're angry?”
- “What do you usually do when you feel angry?”
- “Do you have any tricks or ways that help you calm down?”

Write down their responses to revisit later in the unit.

READ ALOUD

Read the opening of Let's Meet Anger. Pause to reflect:

- What is happening in the story?
- How does the character feel?
- Can you relate?

GROUP ACTIVITY – FEELING WEB

Draw a web with ANGER in the middle. Ask students to share words, feelings, or colors they associate with it



LESSON 2: CALMING TECHNIQUE

OBJECTIVE

Teach children a simple, effective breathing technique to calm down.

ACTIVITY

Revisit the Dragon Breath section in the book. Practice deep breathing using dragon imagery: “Breathe in like a dragon filling its belly with fire... now breathe out softly like smoke rising.”

EXTENSION IDEA

Use a pinwheel, scarf, or tissue to show gentle, slow exhaling.

REFLECTION PROMPT

“When I feel angry, I can use dragon breath to help me...”



LESSON 3: BODY CLUES

OBJECTIVE

Help children identify where anger shows up in their body.

ACTIVITY

Ask: "Where do you feel anger in your body?"

Play "Hide and Seek" with body clues—finding signs like clenched fists, tight shoulders, or a hot face.

EXTENSION IDEA

Use a pinwheel, scarf, or tissue to show gentle, slow exhaling.

REFLECTION PROMPT

Draw an outline of your body and color in where you feel anger the most.





LESSON 4: THOUGHT DETECTIVE

OBJECTIVE

Teach children to identify and release unhelpful thoughts.

ACTIVITY

Introduce the "Thought Detective." Read the section from the book and explain why those thoughts are unhelpful. Practice "letting go" of unhelpful thoughts using movement or visuals. Craft a "Thought Detective Jar"—encourage children to write down or say aloud any cranky thoughts they notice. If they are not able to write, you can help by writing their words for them. Then, have them fold the paper and place it into the jar as a symbolic way of releasing the thought.

REFLECTION PROMPT

Write, say aloud, or draw one unhelpful thought you want to release today.



LESSON 5: MAGIC TIME

OBJECTIVE

Teach children to convert negative thoughts into positive ones using affirmations that begin with "I have," "I can," and "I am," and to consciously choose thoughts that support their goals.

ACTIVITY

Guide students into "Magic Time"—a quiet moment to practice super thoughts—affirmations that help reframe negative thinking into something strong and empowering (e.g., “I can calm my body,” “I am kind,” “I can make good choices”). Let them create and decorate a “magic mirror” or affirmation cards.

REFLECTION PROMPT

“What’s one super thought you can keep with you this week?”



LESSON 6: THE POWER OF POSITIVE THINKING

OBJECTIVE

Reinforce how choosing positive thoughts and letting go of unhelpful ones can shift our experience and open the door to more fun, creativity, and adventure.

DISCUSSION

In the story, Ryan didn't get stuck feeling sorry for himself or focusing on what went wrong. Instead, he chose to let go of his cranky thoughts and focused on what he wanted to do next—his goal.

This positive shift opened the door to creativity and helped turn a challenging moment into something fun, imaginative, and empowering. Talk with students about how Ryan, the main character in Let's Meet Anger, didn't get stuck feeling sorry for himself or focusing on what went wrong. Instead, he chose to let go of his unhelpful thoughts and focused on his goal. This shift opened the door to creativity, new ideas, and turned his moment into fun and adventure. and released cranky thoughts to feel better.

Ask:

- “What did Ryan do when he noticed cranky thoughts?”
- “How did choosing helpful thoughts change what happened next?”
- “Do you think letting go of anger helped him have more fun?”





ACTIVITY

Invite children to draw or describe a moment when they let go of an unhelpful thought and made a different choice that led to something more fun or peaceful.

You can also let them act it out in pairs or small groups.

REFLECTION PROMPT

“What fun things can I do when I let go of cranky thoughts and choose helpful ones?”



LESSON 7: SHARING FEELINGS

OBJECTIVE

Teach children the importance of expressing their feelings without blaming others and being open to hearing how others feel. Emphasize how honest, blame-free sharing can lead to better relationships and help resolve conflicts.

DISCUSSION

Talk about the moment in Let's Meet Anger when Ryan shared how he felt, not by blaming Elsa, but by explaining what was going on inside him. Highlight how this helped Elsa understand him better, and made it easier to work things out together.

Ask:

- "How can we share our feelings without blaming others?"
- "What can we say instead of 'You made me angry'?"
- "How do you feel when someone listens to you with kindness?"

ACTIVITY

Practice saying feelings using "I" statements:

- "I feel upset when..."
- "I felt mad because..."

Have children pair up and role-play:

- One child expresses a feeling using an "I" statement.
- The other child listens kindly, responds with understanding, and says sorry.

- The role-play ends with both smiling and giving each other a hug to show connection and care.

END-OF-UNIT REFLECTION

Revisit the questions from Lesson 1:

- “What do you think anger is now?”
- “Has anything changed in how you feel or think about anger?”
- “What techniques do you use to calm yourself down?”
- “Which part of the book helped you most?”

Compare their responses to their earlier answers and reflect together on how their understanding has grown.





CELEBRATING PARTICIPATION

To acknowledge your students' emotional growth and engagement, consider celebrating their efforts with a special reward—like a sticker. This small gesture can make a big impact, reminding children that learning to understand and manage their emotions is something to be proud of.

WE'D LOVE YOUR FEEDBACK

If you've used this guide with your class or group, we'd love to hear how it went! Your feedback helps us improve and better support educators like you. Feel free to share your experiences, suggestions, or student reflections by contacting us at <https://BefriendFeelings.com/Contact/>
Thank you for being part of this emotional learning journey!

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