



1st

Watch

Scroll down to...

Watch the
episode

“Katerina Gets
Mad.”

11 ½ minutes

ACTIVITY

2nd

Talk About It

After watching the video, you could ask your child the following questions:

- Do you ever get angry?
- What makes you get angry?
- What do you do with the anger that you feel?
- Does it help you to feel better? What happens?
 - What did Katerina do?
 - Let’s see if it helps us too.





Strategy to use when angry

Click here for a strategy to help when you become angry. *Scroll down to find...*

“Clip 1 Strategy Song”

Clip 2: Watch preschoolers demonstrate the strategy song. *Scroll down to find...*

“Clip 2 Strategy Song”



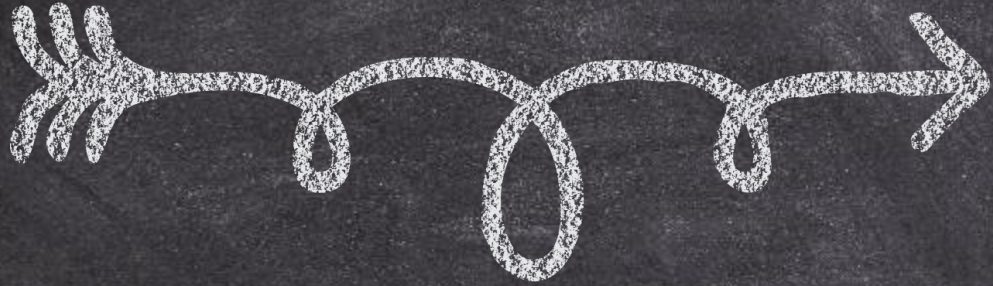


Play & Explore

For a gross motor activity, play music with varying rhythm. Have children move their bodies to the music.

- Start by playing slow music and giving children verbal cues that the music is going to stop. Explain that they should “freeze” when the music stops.
- After the children understand the game, continue with the slow music, but don’t give the verbal reminders.
- Once the children have mastered slow music, switch the game to fast music and let the children see how hard it can be to stop when they are doing something fast.
- After playing several rounds of the game, end with some slow music so the children can calm down and get ready to transition to a new activity.

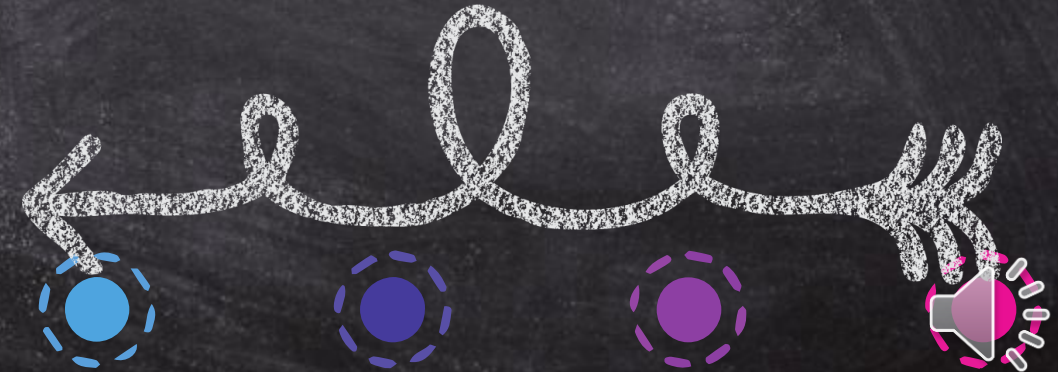




GAME

- Express your feelings through Daniel's online game Feel the Music -

<http://pbskids.org/daniel/games/feel-the-music/>





Great Job!





CREDITS:

Slides: [SlidesMania](#)

Images: [Pxhere](#)

Clip Art Graphics: [Clementine Creative](#)

FONTS USED:

[Gaegu](#) & [Fredericka the Great](#)

