

Dear Families:

We continue to build our social skill concepts on a weekly basis. Our next social skill is 'Dealing With Feeling Mad'. On the back you will find the 'Dealing With Feeling Mad' skill along with the steps the students learn regarding how to apply 'Dealing With Feeling Mad'. Please reinforce these steps at home to help your child make the connection from home to school. Not every skill applies to each child; however, we teach them as a class so students can support one another in using the steps properly. If you have any questions please do not hesitate to ask.

Sincerely,
Ms. DeSoucey
Ms. Marks

Skill this Week



*The Social Skills website will be updated by the end of the week!

Skill 28: Dealing with Feeling Mad

STEPS

1. Stop and think.

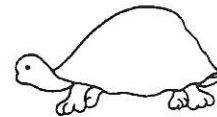
Discuss the importance of stopping and not doing anything. Talk about the negative consequences of acting out this feeling in an aggressive way (e.g., hitting the person). Also discuss that stopping and thinking give a person time to make choices.



2. Choose.

a. Turtle.

Instruct children to act like turtles, curling up in their shells where they can't see the person with whom they are angry.



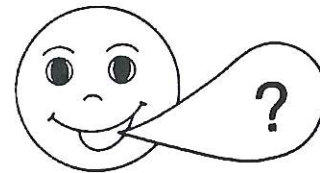
b. Relax.

Refer to Relaxing (Skill 32).



c. Ask to talk.

Discuss people children can talk to. Refer to Asking to Talk (Skill 23) as needed.



3. Do it.

Children should make one of these choices.



SUGGESTED SITUATIONS

School: The teacher won't let you have free play.

Home: It's raining, and a parent won't let you ride your bike.

Peer group: A friend has taken your basketball and won't give it back.