



Social and Emotional Development Activity for 36 to 42 Months

Mad Face, Scary Face

Expressing ideas for dealing with feelings helps children improve coping skills and self-expression, and also assists with problem solving and creative thinking.

Materials:

- Books about feeling angry or being scared
- Large piece of paper
- Stuffed animal or puppet

What to do:

1. Read aloud a book about feeling angry. Good choices are *When Sophie Gets Angry – Really, Really Angry...* by Molly Bang or *The Chocolate-Covered-Cookie Tantrum* by Deborah Blumenthal.
2. Talk about the character and what made her angry. Share something that makes you angry.
3. Introduce a stuffed animal or puppet. Tell the child about something that made this animal very angry. Ask the child for advice. What should she do?
4. Make a list of the child's suggestions on the paper. Guide the discussion and add your ideas only if it is needed. Suggestions might include using your words, telling a grownup, having quiet time alone, pounding clay, scribbling really fast with crayons, or making an angry face.
5. Remind the child it is OK to feel angry but you have to decide how to act angry in an OK way.
6. Share books about angry feelings and have them available. More titles include: *The Way I Feel* by Janan Cain, *When I Feel Angry* by Cornelia Maude Spelman, *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst, and *Hands are not for Hitting* by Martine Agassi, Ph.D.
7. Repeat this activity and focus on scared feelings. Good titles for dealing with fear are: *Dear Bear* by Joanna Harrison, *There's a Nightmare in My Closet* by Mercer Mayer, *Go Away, Big Green Monster!* by Ed Emberley, and *There's a Monster Under My Bed* by James Howe.

