

# Don't be an Angry Bird!

Lizzie Knapp

**Target age group:** K-1

**Standards:**

- B-SMS 7. Demonstrate effective coping skills when faced with a problem
- B-SMS 2. Demonstrate self-discipline and self-control

**Objectives:**

1. Students will be able to explain what it means to be angry and what anger looks like
2. Students will be able to list two effective coping strategies for anger

**Materials**

1. Angry Birds “Anger” Video
  - a. <https://www.youtube.com/watch?v=pFkRbUKy19g>
2. Internet Access and Computer
3. Projector/ Smart Board
4. “Not so Angry Birds” Cool Down Strategies cut-outs
5. “Not so Angry Birds” Cool Down Strategies coloring sheet (optional)
6. Bowl/ hat

**Time required:** 30 minutes

**Procedures:**

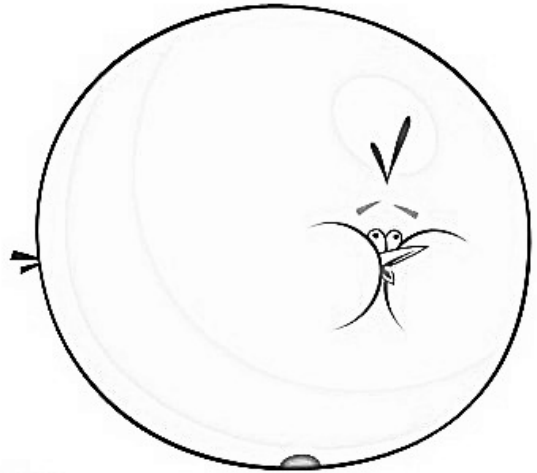
1. Prior to class, cut out the five cool down birds and put them into a bowl/hat
2. Go over rules
3. Show Angry Birds video
4. Talk about what anger is and how we can tell when we or someone else is angry
5. Ask students what are some things that make them angry
6. Have a discussion about whether being angry is a choice or not, and how we can stop ourselves from being angry.
  - a. Ask students how they cool down when they are angry
7. Show “Not so Angry Birds” Cool Down Strategies sheet and go over different strategies
  - a. Birds Nest—Have kids curl up in a ball to help them remember going to a safe calm place to cool down
  - b. Balloon Breathing—Have students mimic blowing up a balloon with their hands, while take deep breaths to “fill the balloon”
  - c. Warm Your Heart—Have students rub their hand over their heart to remember forgiveness as a cool down strategy
  - d. Boomerang Bird—Hold out hand with palm facing out (like they are telling someone to stop) and have one finger pointing at their temple, to remind them to “stop and think”
  - e. Mighty Eagle—Have kids put their hands on their hips to remember that it is okay to ask an adult to step in if the problem is too big to handle.

8. Ask for volunteers to come up and pick a “Not so Angry Bird” out of a bowl and model the motion for that bird. Have other students guess which one they are doing and reiterate what it means
9. Pass out coloring sheet, time permitting. Have students complete coloring sheets at their seats.

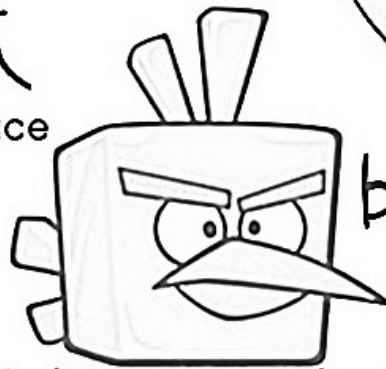
# COOL DOWN STRATEGIES



birds nest  
a quiet, calm place

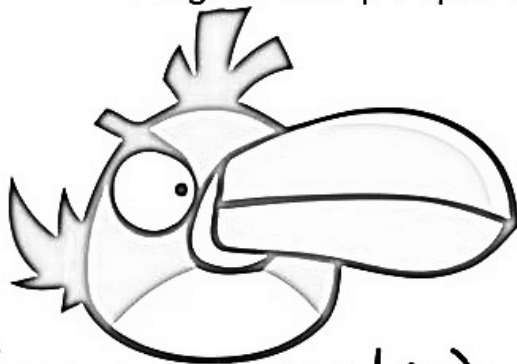


balloon breathing  
slow, deep breaths

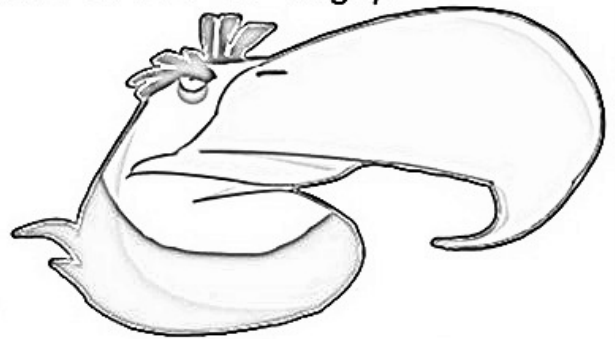


warm your heart

A great way to let go of anger inside our hearts is to forgive the people that have made us angry.



boomerang bird  
stop and think how your  
actions will affect  
yourself and others



mighty eagle  
an adult that can  
step in to help