

Children's Connection Curriculum

Session Topic: Social Skills/Interactions (Angry Birds Angry Book)

Developmental Level: Elementary

Purpose: A fun way to express feelings of anger with popular cartoon characters.

Materials Needed: Copy of Angry Birds book for each child, pencils, pens, markers, scissors, stapler

Description of Session: Provide the students with a copy of the angry bird workbook. Have them fill out the pages together as a group or separately. Allow time for students to process information, ask questions, and color the book to make it their own. Cut the pages out and staple together or them to take home or review in another group.

Discussion Questions:

1. What sort of things make you angry?
2. What are some safe ways to show you are angry?
3. How do people in your family or who you live with show they are angry?
4. How big is your anger?

Reference: Children's Connection Counselors and www.elementaryschoolcounseling.org