

***Kindergarten Guidance Lesson Home Page
“My Personal Rainbow of Feelings”---“From
Red to Green-Angry to Calm”
*Mr. Rauschenberger**



During this week’s classroom guidance lesson, your child explored the feelings of “*Angry and Calm.*” A traffic light was used to demonstrate the following concepts: the red light represented a person being in the danger zone of anger. RED is a reminder for the child to “STOP.” YELLOW represented “CALM DOWN” and the time to review potential choices that the child has. GREEN was associated with the “GO” of a stoplight and the feeling of “CALM.” Students were then read the story, “*Noisy Nora,*” about a girl who has difficulty dealing with her anger. Children offered tips for helping Nora control her anger.

Most of the time adults and children function in the “go” mode, with a general calm feeling of well-being. However, when threatened, frustrated, or provoked, one may feel physical and emotional changes, which we associate with the emotion of anger. While in this emotional state, there is still an opportunity to make behavioral choices, so that words or actions may help resolve the conflict rather than escalate it. Persons who do not choose calming behaviors may go from anger to rage, yellow to red on the traffic light scale, and hurt themselves and/or others.

Children completed the activity, “*Some Things I Can Do To Go From Angry to Calm.*” The activity sheet included 8 different stress management techniques. Next to each technique was a smiley face. As the counselor read a technique, children were instructed to color in the smiley face next to any strategy that they felt would help them to go from *Angry to Calm.* We chose the color green crayon because it represents “GO” and “CALM.”

Some of the techniques included the following:

- **Taking deep breaths (breathe in through nose-out through mouth)**
- **Count to 10**
- **Tell someone how you feel**
- **Exercise**

For the final part of the lesson, children learned some basic Yoga poses including “Sunset” “Sunrise” “Tree” “Airplane” and “Mountain”. Along with the yoga poses, which included turning our bodies into an object or animal, children practiced and learned the importance of fully body deep breathing as an easy, healthy and effective way to calm the body down.

Children learned that feeling angry is a natural emotion, but that there are healthy and unhealthy ways to channel their angry feelings.