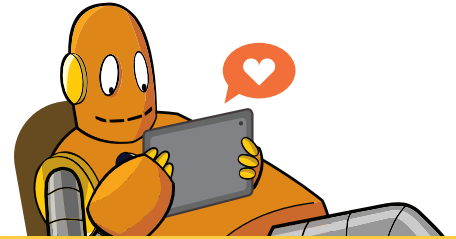
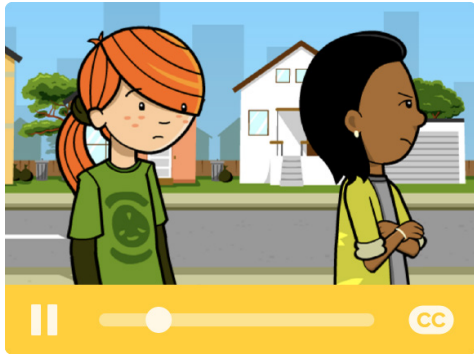


# BrainPOP Jr. at Home



Control your temper! Discover, play, and learn with your family.



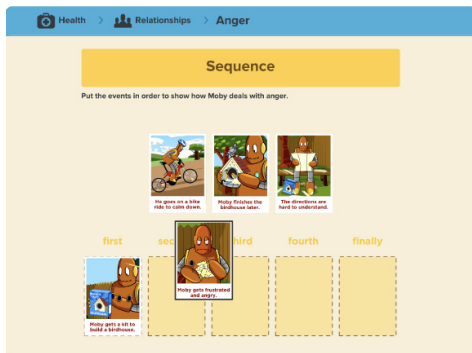
## WATCH A MOVIE

### Anger

Grrrr! It's okay to feel angry sometimes, but it's not okay to take it out on others. Watch this movie with your little one to find out what anger is all about and strategies for coping, from taking deep breaths to communicating how you feel.

#### ✦ SPARK A CONVERSATION

- *What makes you angry?*
- *What can you do when you feel angry?*
- *How does taking deep breaths help you when you're angry?*
- *How can you help a friend when he or she is angry?*



## PLAY & DRAW

### Sequence Game: Anger

What does Moby do when he's angry? Put these actions in order.

### Draw a Happy Memory

Invite your child to draw a happy memory that he or she can think about when angry or upset.

### Make-a-Map: Anger

Construct a concept map with your child identifying the different things she or he can do when feeling angry.

Questions about using BrainPOP at home? Contact us at [families@brainpop.com](mailto:families@brainpop.com).