



MAKING CONNECTIONS



When the character in the book "The Angry Monster Within" gets frustrated, her angry monster yells, kicks and screams! What does your angry monster look like when it is frustrated?

Draw what your angry monster does when it is frustrated.

Write about what your angry monster does when it is frustrated:

The character in the book breathes and counts to three, goes for a walk, hugs something cuddly or finds mom and dads to hug her when she is angry or frustrated. What can you do to calm down when you are angry?

Draw one thing that you can do to calm down.

Draw one more thing that you can do to calm down.

Write about the things that you drew that can help you calm down:
