

**2nd Grade Curriculum Guide Book Summary**

**Book title: Mad Isn’t Bad: A Child’s Book About Anger**

**Author:** Michaelene Mundy

**Main characters:** Narrator, You

**Executive summary:** It’s ok to get angry. Every human being has feelings of anger some times in their lives. What is most important is how you handle the anger and that you do not hurt yourself or others out of anger.

**Detailed summary:** Everyone has feelings. Everyone feels happy, sad, scared and mad. Your feelings mean you are human and you are you. It’s ok to feel angry sometimes. What is important is how you deal with those angry feelings. It’s not ok to hurt yourself or others or to destroy things, just because you are angry. Anger can spread, like fire. If you are angry and you say or do something out of anger, that might make someone else angry too.

Anger can actually be good sometimes. It can give you energy to try harder or to solve a difficult problem. In sports, anger over losing a game might make you run faster or hit the ball harder. Anger can even lead to discussions on things that might be bothering you, so you can work it out.

You may get angry if someone does something better than you, or if something goes wrong and you can’t do anything to fix it. Someone might say or do something that makes you mad, and they may not be aware that their words or actions angered you. It’s good to know why you are angry, so you don’t take it out on someone or something else. - Continued on Back -

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When you are angry you might feel like you want to hit something. You might want to yell or even cry. You should never hurt yourself or someone else because you are angry. Instead you can chose to stay calm. You can count to ten. Don’t blame others for your anger. Talk to people. Tell them you are angry. Don’t let your anger grow. If you harm others or yourself out of anger, you will regret it later. Instead punch a pillow, stomp your foot, find a place to yell, or find a quiet place to be alone and calm down. Maybe you can even talk to a friend about how you are feeling.

Never damage your own things or other people’s things out of anger. And never hurt others. Remember that words can cause pain too.

If something makes you frustrated, stop doing it. Find something else to do. Things you can do that might calm you down include taking a deep breath, drawing a picture or writing your feelings down in a letter.

It’s ok to be mad, even at God. Praying is a good way to let God know why you are angry. God understands. He knows that life sometimes seems unfair. God does not want us to take our anger out on others. He wants us to bring our anger to him.

If someone is angry at you, you must listen and try to understand why they are angry. Maybe you can even help others talk through their anger at you or at someone else.

If you hurt someone or you break something that belongs to them, you should always say you are sorry. When we do something wrong, God forgives us. You should also forgive yourself. It’s ok to be angry, even at those we love. What is important is that we learn to deal with our anger and we don’t act out in a way that is harmful to ourselves or others.