

**5th Grade Curriculum Guide Book Summary**

**Book Title: *I’m Furious***

**Author:** Elizabeth Cray

**Main characters:** Matt, Andy, Mom, Jason (Matt’s friend)

**Executive summary:** After his little brother, Andy, draws on his baseball cards, Matt is very angry. This book give examples of different ways Matt could best deal with his feelings of anger.

**Detailed summary:** Matt is excited that he finally has the Jim Abbott baseball card to add to his collection. He runs upstairs to put it with the rest of his cards, which he keeps at the back of his dresser drawer, hidden from his little brother Andy. But when he gets to his room, he sees his cards scattered on the floor. Then he hears Andy doing something in the bathroom. Matt goes in the bathroom and sees Andy trying to flush cards down the toilet. Andy has written all over his cards, even his most special card—the Reggie Jackson card.

Matt’s Mom comes in to find out what is going on. She stays calm and lets Matt know that it is very acceptable in that situation to feel anger toward his brother, but now he must decide how he will deal with that anger. Matt has several options but mostly he wants to sock his brother for ruining his cards. Matt’s Mom tells him that hitting Andy might make him feel better for a little while, but if he does that then he would be in trouble for hitting, because his Mom has taught Matt that it is wrong to hurt other people. Matt’s Mom suggests he choose another way to get rid of all the angry energy he is feeling.

Here are some better options. See if you can figure out how each option helped Matt deal with his anger.

**Kick the soccer ball**Matt took his soccer ball outside and practiced kicking it and hitting it with the side of his foot. That made him feel better for a while, but when he thought about the Reggie Jackson card he needed something else to do.

**Take three deep breaths**Breathing deeply helps you think more clearly. Matt breathed in deeply and let go of the anger inside of him as he exhaled. He did this three times, and by the third time he felt a little better. Continued on Back

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**Clean the basement locker**Matt felt his anger building up in his chest. It didn’t feel good. He decided he would clean and organize the basement locker. Cleaning the locker made some of Matt’s anger fade. He told his Mom what he had done and how it helped to ease his anger.

**Call a friend**Matt called his friend Jason to tell him what happened. Jason told him about a time when his sister lost his pet turtle outside. The two friends talked about what they did instead of hitting their siblings out of anger. One of the things Jason said he did was listen to music.

**Listening to Music**Matt asked Jason to come over. He asked him what music he listens to when he is mad about something. Jason said he likes “marching and crashing music.” He told Matt that his Dad listens to quiet music when he is angry and needs to calm down. Matt’s Mom put on some symphony music and the boys waved their arms and moved to the music, which made them both start laughing.

**Make up a story**Another way for Matt to deal with his anger over what Andy did to his card is to make up a story. When you make up a story, you are in control of what happens. So Matt made up a story about a little boy who gets turned into a toad after drawing a mustache on a picture that hung on the wall. His older brother had to clean the mustache off the picture in order for his brother to be turned back into a human. Writing a silly story made Matt feel better. He even wanted to share the story with Andy.

**Make a plan**Matt thought of a plan to prevent Andy from playing with his cards again in the future. His plan is to put the cards inside a box that he can lock with a key and then wear the key on a chain around his neck.

**Talk with Andy**Finally it is time to talk to Andy. Matt asked Andy why he ruined his cards. Andy said he didn’t try to ruin them, he wanted to make them look prettier. But when he saw that the cards didn’t look pretty with marker on them, he took them to the bathroom to wash them off. Matt told Andy how angry he was. He said that Andy is not supposed to take things out of Matt’s drawer without asking.

After Matt’s Mom talked to Andy, he faced Matt and told him how sorry he is. Andy told Matt that he tried to fix the card. They look better, but they’re not as nice as they were before. Andy offered to give Matt his blanket to make him feel better. Matt knew that Andy needed his blanket to fall asleep at night, so he just took it for the day. The brothers hug each other and are friends again.