

# Good Ways to Be Angry

Target age group: Preschool children with autism with verbal skills

Objective: To encourage appropriate emotional regulation

Materials needed:

- Book: *Llama Llama Mad at Mama*

Instructional strategy:

1. Talk with children about how getting angry is okay, explaining that it's how they deal with angry feelings that matters.
2. Read the book *Llama Llama Mad at Mama*, stopping just before the little llama begins making some bad choices.
3. Discuss some good ways for the little llama to communicate his anger.
4. Finish reading the book.
5. Work with each child individually to come up with three good ways to handle angry feelings, such as counting to ten, walking away, taking a deep breath, or communicating feelings.

Accommodations:

- Some children may require assistance from a paraprofessional to sit quietly and listen to the story.