
Thoughts For The Week

Learning to channel angry feelings into constructive activities is a hard task, but it's one of the most important things anybody can learn to do. Children's caregivers can help children learn that angry feelings can be expressed — as long as the children don't hurt themselves or others. We can help them to pound on clay, not on breakable toys; to kick a ball instead of kicking people or to throw a beanbag when they feel like throwing a toy. By setting firm limits, showing what's acceptable and what isn't about the expression of anger, you will be supporting them in some very important lifelong growing.

Fred Rogers

Songs On The Programs This Week

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| 1691 | "What Do You Do With The Mad That You Feel?" |
| 1692 | "You Are Special" |
| 1693 | "Everything Grows Together" |
| 1694 | "You're Growing" |
| 1695 | "What Do You Do With The Mad That You Feel?" |

Special Visits

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| 1691 | Artist Red Grooms |
| 1693 | How People Make Facial Tissues |
| 1694 | How People Make Steel Pans |
| 1695 | STOMP! Rhythmic Percussion Performers |

Your Notes For The Week

Monday

1691

Artist Red Grooms shows Mister Rogers some of his whimsical sculptures and a Neighborhood picture he is painting. Mister Rogers talks about playing the piano when he felt frustrated as a child. In the Neighborhood of Make-Believe, Lady Elaine is feeling frustrated because she cannot draw as well as she wants.

"The Mad That You Feel" can help children:

- develop self-control;
- express feelings through play.

The Mad That You Feel

Materials

- none

You might want to begin this activity by giving an example of a time when you felt frustrated about something you were doing. Talk with the children about things you did that helped you feel better. Can the children remember a time when they felt angry or frustrated? They might be able to tell you some of the things they can do that make them feel better, such as:

- drawing about angry feelings;
- dancing to fast music;
- telling someone how they feel;
- pounding on modeling dough;
- running fast.