



It's a beautiful day

in this neighborhood.

PAGE STREET KIDS

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Craft: Make Your Own Feelings Thermometer!

What do YOU do with the mad that you feel?

*It's great to be able to stop
When you've planned a thing that's wrong,
And be able to do something else instead [...]*

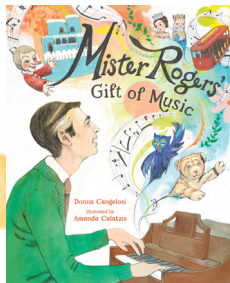
We all feel mad sometimes!

Share what "mad" feels like to you... _____

Where in your body do you feel mad? _____

Share what you do when nothing you do seems very right _____

Share what you do instead _____



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1. Photocopy or trace the thermometer onto paper
2. Pick three colors for the top, middle, and bottom of the thermometer

3. Beginning at the top: How does it feel to be a little mad?

Write or draw pictures of those feelings
[ex: clenched fists, stomping feet, or tummy ache]

In the middle: How does it feel to be medium mad?

Write or draw pictures of those feelings
[ex: loud voice, mean words, or not careful with body]

At the bottom: How does it feel to be big mad?

Write or draw pictures of those feelings
[ex: yelling, throwing things, or hurting self / others]

4. What can you do to when you begin feeling little, medium, or big mad?

When I am little mad I can... _____
[ex: write a list of how I feel or sit quietly with a book or a cuddle toy]

When I am medium mad I can... _____
[ex: take deep breaths, walk around the room by myself, or draw a picture of what is making me mad]

When I am big mad I can... _____
[ex: talk to my guardian or teacher, take a time out with slime or playdough, or bounce on a ball / jump up and down]

5. Share your feelings thermometer with a friend!