

## Emotions

Review the importance of responding appropriately to anger and frustration. Anger and frustration aren't the only emotions that can hurt others. When we are cranky, grumpy, or pouty, others can be affected by our sour moods. While it is okay to feel pouty at times, we must be careful not to ruin someone else's day.

Read the book, *The Pout-Pout Fish*, by Deborah Diesen. After reading, discuss the questions below.

- *What does the pout-pout fish spread all over the place?*
- *The pout-pout fish says he can't do anything about his pouty nature. Is this true?*
- *What happens to put a smile on the pout-pout fish's face?*
- *What can you do when you're being a pout-pout fish to put a smile back on your face?*

Pass out the, *Pout-Pout, Fish*, activity sheet. In the three large bubbles, students draw things they can do to get out of a pout-pout mood. Color the picture.

# Balanced



# Learning

# The Pout-Pout Fish

