

# Mad

**Level:** Pre-K, K, 1, 2

**Category:** Emotions Activity Book

**Topics:** Emotional Recognition, Cognitive Processing, Self-Recognition

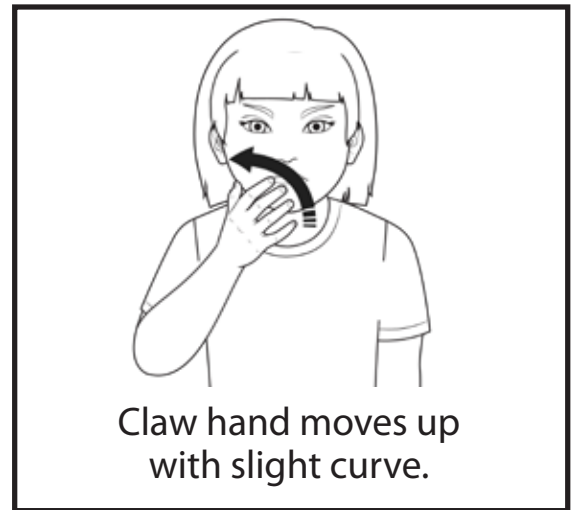
**Materials:** Paper, markers, pencil/pen, Chutes and Ladders game

**Students follow directions on each worksheet.**

**Craft:** Mood Meter - teacher draws thermometer and labels it 1-10 starting from the bottom going up. Students color the thermometer from the bottom blue, then yellow, then red.

**Game:** Chutes and Ladders - for each character on the board a student lands on, they sign the emotion that the character is displaying.

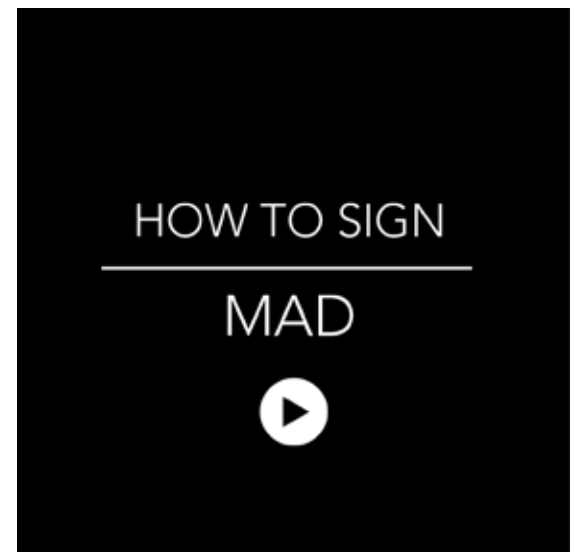
**Idea:** Make a written list of objects or daily activities. Ask students in the group how that object make them feel: Happy, Sad or Mad.



## Example

A worksheet titled "My Emotions: Mad" with fields for "Name" and "Date". It includes a small illustration of a person signing "Mad" with the instruction "Claw hand moves up with slight curve." Below this, there are four vertical thermometers labeled "furious", "mad", "irritated", and a blank one. Each thermometer has a scale from 1 to 10. Below the thermometers, there are four sentences: "My favorite pencil broke.", "My drink spilled on my food.", "My friend is talking bad about me", and a blank line for a fourth sentence. The worksheet is part of a larger activity book, as indicated by the "1" and "2" in the bottom left corner.

[ASLTeachingResources.com/Dictionary](https://ASLTeachingResources.com/Dictionary)



# Mad



Claw hand moves up with slight curve.

Name \_\_\_\_\_

Date \_\_\_\_\_

# My Emotions: Mad

It's normal to feel mad at times, but learning how to deal with your emotions will help you have a better day.

**Directions:** For each situation, color in the mood meter to show your level of being mad. Write your own idea on the last one.

Mad

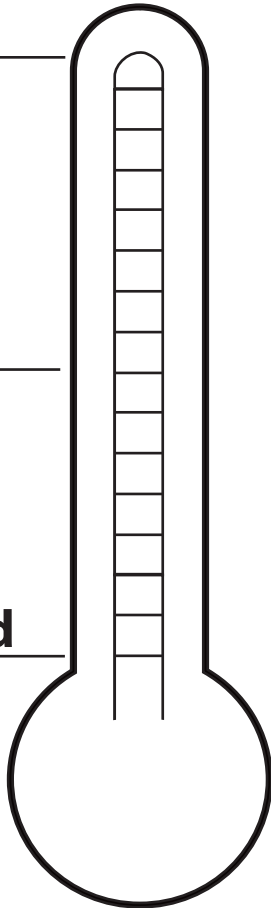


Claw hand moves up with slight curve.

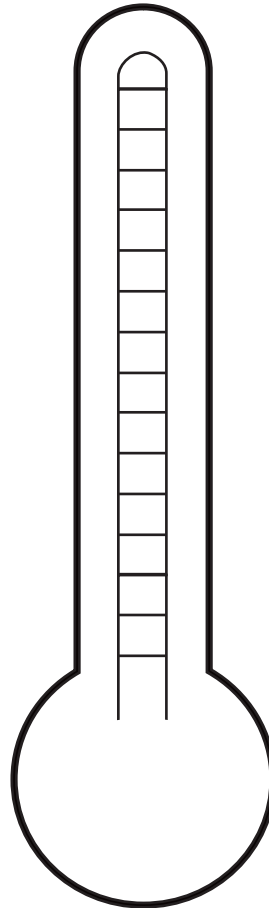
**furious**

**mad**

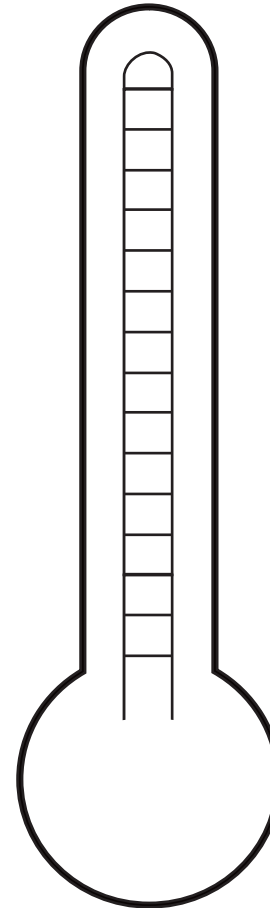
**irritated**



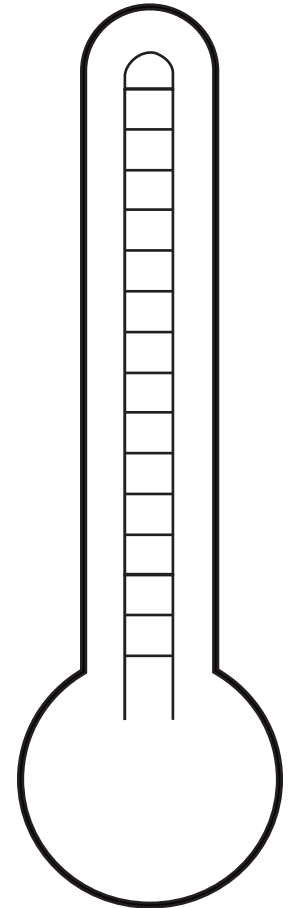
My favorite pencil broke.



My drink spilled on my food.



My friend is talking bad about me



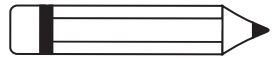
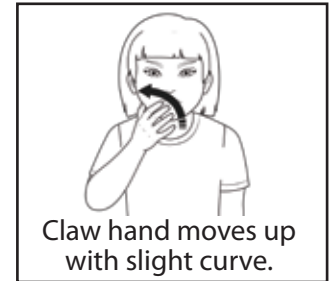
Name \_\_\_\_\_

Date \_\_\_\_\_

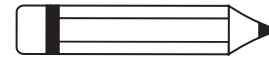
# My Emotions: Mad

**Directions:** Finish each prompt and color the pictures.

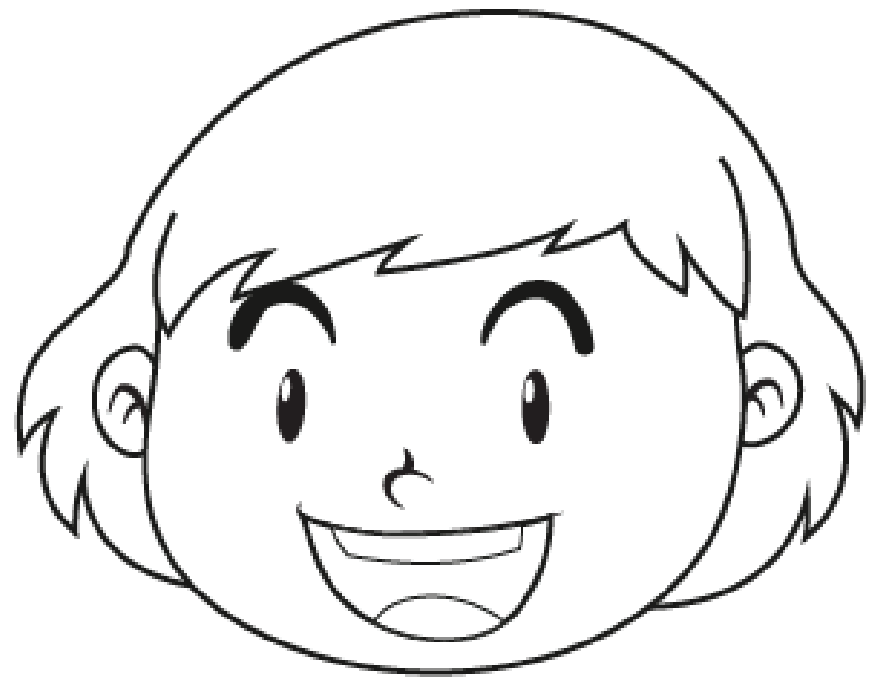
Mad



I get mad when...



To feel better I...





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## About the Author

Cynthia Long is a Nationally Certified Interpreter and the founder of Sign Baby Sign LLC. She has extensive experience homeschooling and interpreting in the classroom for primary, secondary, and post-secondary levels; she is dedicated to providing ASL teaching resources to schools and families across the U.S. All of the ASL resources on [ASLTeachingResources.com](http://ASLTeachingResources.com) are developed from years of experience in educational systems as a Nationally Certified ASL Interpreter.



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