When you feel so mad that you want to roar... Take a deep breath and count to four... 1, 2, 3, 4.
Dear Family,

We’ve been working on what to do when we get so mad that we want to roar! The picture on this card is from a short video of DANIEL TIGER’S NEIGHBORHOOD. After we watched the video, we played a “freeze” game with music and learned a new song to help us when we get mad.

Here’s an activity you can do with your child to talk about and practice what we can do with the mad that we feel.

### When You Feel So Mad...

Everyone gets mad sometimes. Learning to control our mad feelings is something we learn as we grow from infants to toddlers to preschoolers and throughout our lives.

**Materials**
- None

**Directions**
- Together with your child, talk about a time when they got so mad that they felt they wanted to roar. It might be when they didn’t get something they wanted, or when another child hit or bit them.
- Daniel Tiger and his friends practice singing and showing how they count using a strategy song. Sing the strategy song together.
- If you and your child practice when things are calm, it will be easier to use this tune the next time it is needed.

🎵 When you feel so mad that you want to roar, take a deep breath and count to four... 1, 2, 3, 4.

Your child can watch more videos and play games with Daniel Tiger by visiting pbskids.org/daniel

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