# Ollie the Owl Learns What to Do When Others Are Angry

## Lesson Objective:

Students will learn about recognizing and managing anger, using calming techniques, and helping friends who feel angry.

#### Materials Needed:



- The story "Ollie the Owl Learns What to Do When Others Are Angry"
- The song "Ollie the Owl Helps Angry Friends"
- Ollie's Wise Choices Poster
- Paper and pencils, crayons and markers, stapler/glue stick
- Activity 1-Puppet Role-Play
- Activity 2- Calm Down Bottles (Plastic bottles, water, glitter, glue)
- Home Connection Letter
- This is one of the few lessons that you will need additional materials for Activity 2. You will need to prepare for this activity in advance to have the materials ready.

Introduction to the Topic (10 minutes)

## Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Briefly talk about what anger is and how everyone feels angry sometimes.
- Introduce the concept of staying calm and using gentle words to help manage anger.

## **Greeting and Circle Time Teacher Script**

## • Warm Welcome and Opening Discussion:

- "Good morning, everyone! Let's all come sit together in a circle. Today, we're going to talk about a feeling that we all have sometimes: anger. Who here has ever felt angry?"
- (Allow children to share their thoughts and gently encourage anyone who may feel hesitant to participate.)

#### Discussion Starter

"Anger is a strong feeling that can make us want to shout or stomp, but it's completely normal! Today, we'll learn how to recognize when we're feeling angry and how to calm down. We'll also learn how we can help our friends when they feel angry."



 "Do you think Ollie the Owl ever feels angry? Let's find out what Ollie learns about anger in today's story!"

## Read the Story (15 minutes)

## Story Time Outline:



- Read the story Ollie the Owl Learns What to Do When Others Are Angry aloud to the class
- Engage the children by asking questions during key parts of the story

## **Story Time Teacher Script:**

#### **Prepare the Students for the Story:**

- "Now, I'm going to read a story called *Ollie the Owl Learns What to Do When Others Are Angry*. Let's listen carefully to see how Ollie and his friends feel when they're angry and what they do to calm down."
- Begin reading the story, pausing at key moments to engage the children.

## Read the Chapter with Emphasis on Key Moments:

- o While reading, pause during key moments.
- Ask Questions:
  - What did Ollie see on Benny the Bear's face near the brook?
  - How did Grandma tell Ollie to act when someone is angry?
  - What happened to Benny's toy?
  - How did Ollie help Benny feel better?
  - Why was Harriet the Hare feeling mad?
  - What did Ollie and Harriet do to solve the problem?
  - What made Buzz the Bee angry?



- What did Ollie say to help Buzz calm down?
- Why was Betty the Beaver upset?
- How did Ollie help Sammy the Squirrel feel better?

## Ollie the Owl Learns What to Do When Others Are Angry

In a forest green and bright, Lived Ollie the Owl, wise and light. He loved to play both day and night, But what to do when friends had a fright?

One day, while playing near the brook, Ollie saw Benny the Bear with a troubled look.

Benny growled, his face so red, Anger bubbling from his head.

Ollie wondered, "What should I do?"
Grandma's advice then came through:
"When others are angry, stay calm and kind,
Use gentle words and peace you'll find."

Ollie took a deep, deep breath, Then approached Benny, calm as the rest. "Benny," said Ollie, "why the frown? Can I help to bring it down?"

Benny sighed and shared his woe, "My favorite toy is lost, you know." Ollie listened, nodding slow, "Let's find your toy and ease your sorrow."

Together they searched, and soon they found,
Benny's toy, safe and sound.
Benny's anger faded away,

Next, Ollie saw Harriet the Hare, Stomping her feet, with a fierce glare.

With Ollie's help, he felt okay.

"Ollie," she snapped, "I'm mad as can be, I lost the race, it wasn't fair to me."

Ollie remembered to stay serene, To help Harriet, he had to be keen. "Harriet," he said, "it's okay to feel mad, But let's find a way to make you glad."

They talked and planned a new fun race, With fair rules and a happy pace. Harriet smiled, her anger gone, She felt better, and they played till dawn.

Then Ollie found Buzz the Bee, Buzzing angrily around the tree. "What's wrong, Buzz?" Ollie asked with care,

Hoping to help, his heart was there.

Buzz buzzed loudly, "My wing is sore, I can't fly like I did before."
Ollie listened and then he said, "Rest your wing, and take care of your head."

Buzz felt heard and calmed right down, No more buzzing all around. Ollie's kindness made it clear, That staying calm could help soothe fear.

Then, Ollie saw Betty the Beaver, Angry tears making her shiver. "Betty," asked Ollie, "what's the matter?" Betty sniffled, "My dam's in tatters."



Ollie thought of what to do, To help Betty and calm her too. "Let's fix your dam, together we'll try, With teamwork, we'll reach the sky." He thanked Ollie, with a grateful cheer, Feeling better with Ollie near.

They worked together, side by side, Betty's anger soon did hide. The dam was strong, the stream did flow, With Ollie's help, her smile did show.

Finally, Ollie found Sammy the Squirrel, Fur all fluffed, in an angry whirl. "What's wrong, Sammy?" Ollie did say, "How can I help to brighten your day?"

Sammy squeaked, "My acorns are gone, I've looked and searched since early dawn." Ollie suggested, "Let's search together, We'll find your acorns, no matter the weather."

They found the acorns, hidden deep, Sammy's anger took a gentle leap.

Ollie learned that very day,
What to do when anger's in the way.
Stay calm and kind, listen and care,
And help your friends with love to spare.

So remember Ollie, wise and bright, Who learned to handle anger right. With gentle words and actions true, You can help your friends feel new.

## **Post-Chapter Teacher Script**

 "Ollie's story showed us that when our friends feel angry or upset, we can help by staying calm, listening carefully, and being kind. We learned that big feelings are okay—and when we work together, use gentle words, and show we care, we can help each other feel better. Just like Ollie, we can all be good friends who know how to handle anger in a peaceful way."

## **Post-Chapter Questions**

Ask these questions to help students reflect on the chapter and connect it to their own experiences:

- Why is it helpful to stay calm when someone else is angry?
- How do you feel when a friend helps you solve a problem?



- What are some ways Ollie showed kindness to his friends?
- Can you think of a time when someone helped you feel better when you were upset?
- What are some things we can say to a friend who is feeling mad?
- Why is it important to listen when someone is upset?
- Have you ever felt like Harriet, Buzz, or Sammy? What helped you feel better?
- How does working together (like fixing Betty's dam) help with big feelings?
- What can you do if you feel angry or frustrated?
- What did Ollie teach us about helping others and staying calm?

## Sing the Song (10 minutes)



- Teach the children the Ollie the Owl Helps Angry Friends song
- Sing the song together a few times, encouraging the children to join the actions.

"Teacher Script!"



## "Ollie the Owl Helps Angry Friends"

[Verse] Hand Movements

Ollie the Owl in the tree

Learning a lesson flying free

Flap hands

When friends get mad what to do
Stay calm and kind
That's the clue

Point finger in air [Verse 2]

Flying around in the night Flap hands

Ollie sees a little fight Circle hands around eyes

He hoots softly with a smile

[Chorus]

Hoot hoot Circle hands around mouth

Stay kind, it's true

Hoot hoot Circle hands around mouth Help each other through

Ollie knows the way to be
Hold on to kindness
Hands over heart

You'll see you'll see

[Verse 3]

Sammy squirrel grumbles near the oak
Drops his nuts feels like a joke
Ollie perches gently there

Helps him gather with such care

Hey, my friend, just breathe awhile

[Verse 4]

Betty Beaver with toothy frown Can't seem to calm it down

Can i seem to cann it down

Ollie flutters by her side

Ollie knows the way to be

Speaks with kindness

Wants to guide

[Chorus]
Hoot hoot Circle hands around mouth

Stay kind, it's true Hands over heart

Hoot hoot Circle hands around mouth

Help each other through

Hold on to kindness Hands over heart

You'll see you'll see



## Song Wrap-up

"Ollie shows us that being kind and helping others calm down is a good way to help a friend."Do an Activity (20 minutes)

• Students will practice helping others calm down when they are upset.

## Please choose from the following 2 activities:



Activity 1: Role-play with Puppets (15 minutes)

# **Introduce Activity**

""Now, we're going to practice using some of the calming techniques we learned from Ollie. I have some puppets here: Ollie the Owl, Benny the Bear, Harriet the Hare, and others. I'll tell a story with the puppets, and we'll practice staying calm and helping each other when we feel angry."

## **Activity Instructions**

## Teacher:

"We're going to practice what Ollie the Owl taught us—how to stay calm and help others when they feel big feelings, like anger or frustration.

We're going to use puppets to tell a short story. The characters are:

- Benny the Bear (who is having a really hard moment).
   Ollie will use his special calming strategy called Halt, Hoot, Heart to help Benny calm down.

Let's begin!"



# 🎭 Role-Play Script: "Ollie Helps Benny Calm Down"

(Characters: Teacher (Narrator), Ollie the Owl, Benny the Bear. Teacher can voice both puppets if children are observing. Alternatively, assign children to play each role.)

# **Scene Begins**

## Narrator (Teacher):

"One sunny day in the forest, Benny the Bear was looking for his favorite toy. He looked under a rock, behind a log, and even up a tree—but it was gone!"

## Benny the Bear: (angrily)

"Ugh! My toy is GONE! I can't find it anywhere! This is the worst day ever!" (stomps feet or shakes arms)

#### Narrator:

"Ollie the Owl saw Benny looking upset. He remembered what Grandma Owl taught him: When someone feels angry, you can use Ollie's Wise Choices—Halt, Hoot, and Heart! So Ollie took a deep breath and went over to help."

## Ollie the Owl: (calmly)

"Hi Benny. I see you're really upset. Let's do Ollie's Wise Choices together."

# Step 1 - HALT

## Ollie the Owl:

"Let's HALT. That means stop, freeze, and take a breath." (pause and show Ollie breathing)
"Can you try it with me, Benny?"



## **Benny the Bear:**

(grumbling) "Okay..."

(takes a deep breath and pauses)

"Whew. I'm still mad... but a little calmer."

## Step 2 - HOOT

## Ollie the Owl:

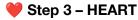
"Now let's HOOT. That means you take a deep breath to calm down"

"What happened, Benny? Tell me."

## **Benny the Bear:**

"My favorite toy is gone! I had it this morning and now it's just... gone!" (voice lowers, less angry)

"I think I lost it by the brook."



## Ollie the Owl:

"Now let's use our HEART. That means be kind to ourselves and each other."

"I'll help you look for your toy, Benny. You're not alone."

## **Benny the Bear:**

"Really? That would help a lot." (soft smile)

"Thanks, Ollie. I feel a little better already."

## Narrator (Teacher):

"So Ollie and Benny looked together—and guess what? They found the toy under a pile of leaves! Benny was so happy, and he gave Ollie a big bear hug."



## **Teacher Debrief**

## **Teacher:**

"Let's remember what Ollie did to help Benny calm down:

- 1. **Halt** Stop and breathe.
- 2. **Hoot** Talk about the problem.
- 3. **Heart** Be kind and offer help.

"Ollie didn't fix everything right away, but he stayed calm, listened, and showed kindness—and that helped Benny feel better. That's what good friends do!"

 Allow the children to take turns with the puppets, practicing calming down and using kind words to help.

# Activity 2: Name of Activity(15 minutes)



Introduce Activity

"Now that we know how to help each other feel calm, we're going to make something called 'Calm Down Bottles.' These bottles will help us when we feel angry or upset."

## **Activity Instructions**

- 1. Provide materials for the children to make "Calm Down Bottles."
- 2. Fill plastic bottles with water, glitter, and glue. Seal the bottles tightly.
- 3. Let the children shake the bottles and watch the glitter settle as a way to calm down.
- 4. While they work, discuss how they can use their Calm Down Bottles when they feel angry or upset.



"Each of you will get a plastic bottle, and we'll add water, glitter, and glue. When you shake your Calm Down Bottle, you can watch the glitter settle, and it will help you feel calm, just like taking a deep breath."

[While they work] "If you feel angry, you can shake your Calm Down Bottle and take a deep breath while watching the glitter. It will help you feel better and give you time to think."

# Wrapping it Up

Wrap Up the Lesson (5 minutes)

- 1. Review and Reflection Overview:
  - After students complete their reflections, invite volunteers to share what they learned from their reflections.
  - Encourage students to continue using the strategy in their daily lives

## **Review and Reflection Teacher Script**



## 1. Gather in a Circle for Reflection:

" "Let's all sit in our circle again. You all did such a great job today learning about managing anger. Can someone tell me what you can do when you feel angry?"

Encourage children to share techniques they learned, such as taking deep breaths, using Calm Down Bottles, and talking to a friend.

- "I love your Calm Down Bottles! Who would like to share how they will use theirs to help them feel calm?"
- Let a few children share.

"Remember, like Ollie the Owl learned, everyone feels angry sometimes. But if we stay calm and kind, we can help ourselves and our friends feel better."



## **Home Connection Letter**

## 1. Sending Information Home:

- "Now, I have a letter for you to take home to your parents. It explains everything we learned today about managing anger and how you can use your Calm Down Bottle at home. Make sure to show your parents and tell them all about what you learned!"
- Hand out the letters as the children prepare to leave.

## Parent Letter

## Sending Information Home:

• Provide each child with a letter to take home to their parents explaining the lesson.



Dear Families.

Today in class, we learned about managing anger through the story "Ollie the Owl Learns About Anger." This story teaches children that everyone feels angry sometimes, but staying calm and using kind words can help us manage our anger and help our friends too.

Here's what we learned:

- Recognizing Anger Understanding that everyone feels angry sometimes and it's okay.
- Managing Anger Learning techniques to stay calm, like taking deep breaths, counting to five, and using kind words.
- Helping Friends Recognizing how we can help our friends when they feel angry by listening and being kind.

We practiced these concepts through role-playing and making "Calm Down Bottles." You can help reinforce this at home by encouraging your child to talk about their feelings and use calming techniques when they feel angry or upset.

Thank you for your support!

With gratitude,

