

Ollie the Owl Learns to Handle Anger

Lesson Objective

Students will learn about handling anger through the story "Ollie the Owl Learns to Handle Anger" and the strategies HALT (Stop), HOOT (Take a Deep Breath), and HEART (Make a Good Choice).

Materials Needed:



- The story, "Ollie the Owl Learns to Handle Anger"
- The song, "Ollie the Owl Gets Angry"
- Ollie's Wise Choices Poster
- Puppets/stuffed animals (Owl, Bear, Hare, Beaver)
- Paper and pencils, crayons and markers
- Activity 1-Puppets/stuffed animals (Owl, Bear, Hare, Beaver)
- Activity 2(paper plates, markers, crayons, stickers, yarn, hole punch, small paper pieces (to write on), and a plastic bag.
- Home Connection Letter

Introduction to the Topic (10 Minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Briefly discuss the feeling of anger.

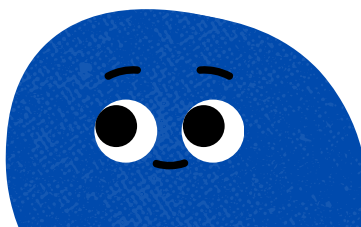
Greeting and Circle Time Teacher Script

1. Warm Welcome and Opening Discussion:

- "Good morning, everyone! Let's all sit in a circle. Today, we are going to talk about something called 'anger.' Have you ever felt really mad or upset about something?"
- (Encourage the children to share their ideas.)

2. Discussion Starter

- "Feeling angry is normal, but it's important to know how to handle it so we don't hurt ourselves or others. Today, we will learn about handling anger with the help of our friend Ollie the Owl. We'll use three special steps: HALT, HOOT, and HEART. Can you say those with me?"
- (Children repeat: "HALT, HOOT, and HEART.")
- "Great! Let's learn more about these steps through a story about Ollie."



Read the Story (15 Minutes)

Story Time Outline



- Read the story “Ollie the Owl Learns to Handle Anger aloud to the class.
- Ask questions during key parts in the story.

Story Time Teacher Script:

1. Prepare the students for the story:

- "Now, I'm going to read you a story called 'Ollie the Owl Learns to Handle Anger.' Listen carefully and think about how Ollie handles his anger and what he learns."
- (Read the story aloud, pausing at key moments to ask questions and engage the children.)

1. Read the story with emphasis on key moments:

- While reading, pause during key moments to ask the following questions:
 - Why did Ollie feel angry when Benny the Bear took his toy?
 - Follow-up: How do you feel when someone takes something from you?
 - What did Ollie do first when he felt angry?
 - Follow-up: Why is it important to HALT and stop for a moment when we feel angry?
 - What choice did Ollie make after using his HEART?
 - Follow-up: How did talking to Benny about his feelings help solve the problem?
 - Why did Ollie get angry when his tower fell down?
 - Follow-up: Have you ever felt angry when something you worked on didn't go as planned?

Ollie the Owl Learns to Handle Anger



In a forest green and bright,
Lived Ollie the Owl, with eyes so bright.
He loved to hoot and play all day,
But sometimes anger got in the way.

One sunny day, with skies so blue,
Ollie felt angry, and he didn't know what to do.
His friend Benny the Bear took his toy,
Ollie felt mad, lost all his joy.

He flapped his wings, his face turned red,
"I'm so angry!" Ollie said.
But then he remembered Grandma's wise part,
"HALT, HOOT, and HEART will calm your heart."

Ollie decided first to HALT,
Stop and breathe, it's not Benny's fault.
He closed his eyes, counted to three,
Then felt a bit calmer, as calm could be.

Next, he HOOTed, took a deep breath,
In through his beak, out with the rest.
The anger inside began to drift,
He felt a gentle, calming lift.

Finally, he used his HEART to choose,
The right decision, not to lose.
"Ollie," he thought, "speak kind and true,
Explain your feelings, that's what to do."

"Benny," said Ollie, "I feel mad,
You took my toy, and that makes me sad.
Can we share and play together?
We'll have more fun in any weather."

Benny nodded, with a smile so wide,
"Of course, Ollie, I'm on your side.
Let's play together, it's much more fun,
Sharing toys with everyone."

Ollie felt proud, his anger gone,
With HALT, HOOT, and HEART, he'd won.
He learned that anger's not so bad,
When handled right, it makes you glad.

Another day, Ollie built a tower so high,
But it tumbled down, oh my, oh my!
He felt the anger rise inside,
But knew just what to do, he didn't hide.

He HALTed, stopped and took a pause,
No need to be angry without a cause.
He HOOTed, breathed deep and slow,
In and out, let the anger go.

Using his HEART, he made a choice,
To rebuild the tower and use his voice.
"Friends, can you help me build it strong?
Together we can fix what's wrong."

Harriet the Hare and Betty the Beaver,
Joined in to help, always eager.
They built the tower tall and proud,
Ollie felt happy, he said out loud.

"Thank you, friends, for helping me,
I handled my anger, now I see.
With HALT, HOOT, and HEART, I can stay calm,
And face my feelings with a gentle balm."

Ollie the Owl, wise and bright,
Learned to handle anger day and night.
With Grandma's wisdom and friends so true,
He found the way to always renew.

So if you feel angry, just like Ollie,
Remember these steps and you'll feel jolly.
HALT, HOOT, and HEART will guide you through,
And help you find the best in you.

3. Post-Story Teacher Script

- Teacher: "Wow! Halt, Hoot Heart really helped Ollie and his friends! I bet it would help us too. It's important to stop, take a deep breath and make good choices."
- Show the "Ollie's Wise Choices" poster (choose the image that matches the season and print a copy to post in the classroom) and go over the steps of Halt, Hoot, Heart.



4. Post-Story Questions

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

- Why do people sometimes get angry?
 - Follow-up: Can you think of other things that make you feel angry?
- How does HALT (Stop) help us when we are angry?
 - Follow-up: Why is it good to stop and take a moment before reacting?
- What can taking deep breaths (HOOT) do for our feelings?
 - Follow-up: How do you feel after taking a deep breath when you're upset?
- How does using our HEART help us make better choices?
 - Follow-up: What are some good choices we can make when we feel angry?
- Can you think of a time when you used HALT, HOOT, and HEART to calm down?
 - Follow-up: How did it help you feel better and make a good choice?
- Why is it important to talk about our feelings, like Ollie did with Benny?
 - Follow-up: Who can you talk to when you feel angry?
- How did Ollie's friends help him when he was feeling angry?
 - Follow-up: How can we help our friends when they feel angry?

Sing the Song (10 Minutes)



- Teach the children "Ollie the Owl Gets Angry" song about handling anger using HALT, HOOT, and HEART.
- Use actions that represent stopping, taking deep breaths, and making good choices.
- Sing the song together a few times, encouraging the children to join in with the actions.

Teacher Script:

"Now, we're going to sing Ollie's Angry Song. I'll show you some fun actions to go with the song. Ready to sing along with me?"

Ollie the Owl Gets Angry

Verse

Hand Movements

[Verse]

Ollie the Owl feels so mad
Flaps his wings feels so bad
Stops to think just for a while
Finds his calm finds a smile

Flap arms like wings and make an angry face.

[Verse 2]

Halt he says with a hoot
Breathes in deep stays so cute
Heart beats slow feels the ground
Ollie now safe and sound

Hold up hand as if signalling "stop"

Place hands over heart

[Chorus]

Halt hoot heart cool it down
Feelings calm settle down
Halt hoot heart make a choice
Listen close to his voice

Hold up hand as if signalling "stop"

Place hands over heart

[Verse 3]

Ollie the Owl sometimes frowns
Flaps his wings all around
But he knows just what to do
Halt and hoot breathe it through

Hold up hand as if signalling "stop"

Place hands over heart

[Bridge]

Anger visits now and then
Lets it go hoots again
Takes a breath and starts anew
Ollie finds what is true

Hold up hand as if signalling "stop"

Place hands over heart

[Chorus]

Halt hoot heart cool it down
Feelings calm settle down
Halt hoot heart make a choice
Listen close to his voice

Hold up hand as if signalling "stop"

Place hands over heart



Do an Activity (20 Minutes)

Activity 1: Role Play with Puppets (15 Minutes)



Introduce the Activity

- Students will practice the self control and problem solving strategy of Halt, Hoot Heart.

Activity Instructions

- "Now, we're going to use some puppets to act out different situations where Ollie and his friends use the HALT, HOOT, and HEART strategy to handle anger. Who wants to be Ollie? Who wants to be Harriet the Hare, Benny the Bear, and Betty the Beaver?"
- Here are some situations that the children could act out with the puppets.
 - Benny the Bear takes Ollie's toy
 - Ollie's tower gets knocked down while playing with Betty the Beaver
- Call students up to the front to use the puppets in the role play scenario. Ask them to role play the situation and use Halt, Hoot, Heart to find a solution to the problem. If the role play group is having problems finding a solution and using Halt, Hoot, Heart, you can have the remaining students help by providing suggestions.

Activity 2: Anger Catchers (15 Minutes)

Introduce Activity

"We're going to make 'Anger Catchers'."

Activity Instructions

- Give each child a paper plate and have them decorate it with markers, crayons, and stickers.
- Punch holes around the edges of the plate.
- Provide yarn for the children to weave through the holes, creating a web-like pattern across the plate.
- Give each child 2 or 3 Ollie pictures (see below) to write or draw things that make them feel angry.
- Help the children attach a small plastic bag at the bottom of the plate to catch their "anger pieces" when they drop them through the web.
- Encourage the children to think about what they can do to handle their anger each time they place a piece of paper in the "Anger Catcher."
- During the "Anger Catchers" craft activity, discuss:
 - "Alright, everyone! While we make our 'Anger Catchers,' let's talk a little more about why we sometimes get angry and what we can do about it.
 - Sometimes, things happen that make us feel angry. Maybe a friend takes our toy, or we can't do something we really want to do. It's normal to feel angry when things don't go our way. But when we're angry, we might make choices that aren't very good. We might say something mean or throw a toy, and that can make the problem worse.
 - That's why we need to use the HALT, HOOT, and HEART steps. These steps help us stop and think before we do something we might regret.
 - 1. HALT (Stop): When you start to feel angry, the first thing to do is HALT. That means stop what you're doing and take a moment to think. If we don't stop, we might do something that will make us or someone else feel bad.
 - Example: "If you feel like yelling because you're mad, HALT and stop yourself. Think about what's making you angry."
 - 2. HOOT (Take a Deep Breath): Next, we take a deep breath. This is called HOOT. Breathing deeply helps calm our body down. When we breathe in and out slowly, it helps us feel less angry.
 - Example: "Let's all practice taking a deep breath together. Breathe in... and out... Doesn't that feel better?"
 - 3. HEART (Make a Good Choice): Finally, we use our HEART to make a good choice. Think about what you can do to fix the problem in a kind way. Maybe you can ask a friend nicely to share or tell a teacher how you're feeling.
 - Example: "If a friend takes your toy, instead of yelling, you can use your HEART to ask, 'Can I have a turn with that toy, please?'"

Reflection

"Great job, everyone! Remember, it's okay to feel angry, but we can use HALT, HOOT, and HEART to handle it and make good choices."

Wrap Up the Lesson (5 Minutes)



Review and Reflection Overview:

- Review what they learned about calming down when you are angry and solving problems
- Ask a few children to share when this might help them.

Review and Reflection Teacher Script

Gather in a Circle for Reflection:

- "Let's all gather back in a circle. What did we learn about handling anger today? Why is it important to use the HALT, HOOT, and HEART steps?"

Closing

- "Great job calming down when we're angry so that we can solve our problems like Ollie the Owl, with wise solutions."

Home Connection Letter

1. Sending Information Home:
2. "Here's a letter for you to take home to your parents. It explains what we learned about handling anger today and how they can help you at home."
3. Hand out the letters as the children prepare to leave.

Emozi® Parent Letter

Dear Parents/Guardians,

Today in class, we learned about handling anger through the story "Ollie the Owl Learns to Handle Anger." This story teaches children the importance of using the HALT, HOOT, and HEART strategy to manage their feelings.

Here's what we learned:

- Handling Anger – Understanding that feeling angry is normal and learning strategies to manage it.
- HALT, HOOT, and HEART – Using these steps to stop, take a deep breath, and make a good choice when feeling angry.

Ollie's Wise Choices



We practiced these concepts through role-playing and making "Anger Catchers." This activity helps children identify and express their anger in a constructive way. You can help reinforce this at home by encouraging your child to use their "Anger Catcher" and talk about their feelings. Thank you for being so supportive!

With gratitude,