

EDUCATOR'S GUIDE

Emotional Intelligence & Literacy Curriculum



Bella and Bird

Explore

Anger

by **Deana Plaskon, PhD, LMHC**

Illustrated by
Lea Marie Ravotti

Common Core Aligned Lesson Plans
Grades K-3 | Ages 5-8

Focusing on Emotional Intelligence & Emotional Literacy
The future of education in emotional understanding

Featuring comprehensive lessons for:

- Reading Comprehension & Analysis
- Writing & Language Arts
- Mathematics Applications
- Emotional Intelligence & Literacy Development



Bella and Bird Explore Anger

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AUTHOR BIO

Deana Plaskon, PhD, LMHC, is a mom, educator, and licensed clinical therapist. She has a PhD in Education specializing in human behavior, a Master of Science in Clinical Mental Health Counseling, and various other degrees and certifications all in the service of helping people live healthier emotional lives. She has two adult sons and lives with her husband and animals, including her therapy horse Bella, who inspired this series. You can find out more about Deana, the series, and access resources at BellabirdBooks.com



ILLUSTRATOR BIO

Lea Marie Ravotti was born in the Czech Republic where she earned a Master's degree in Art Education and Art History. She taught art and art history for K-12 students before falling in love with children's books and becoming a full-time book illustrator. She works to make sure that her illustrations don't simply reproduce the text but evoke a relevant emotional response in children. She is the illustrator of three picture books and lives with her husband and their three girls in Pennsylvania. You can find out more about her at LeaMarieRavottiArt.com



READING COMPREHENSION & ANALYSIS

EMOTIONAL LITERACY THROUGH LITERATURE

Common Core State Standards — English Language Arts Standards — Reading Literature

Key Ideas and Details

Kindergarten – RL.K.1:

With prompting and support, ask and answer questions about key details in a text.

First Grade – RL.1.3: Describe characters, settings, and major events in a story, using key details.

Second Grade–RL.2.1: Ask and answer such questions as who, what, where, when, why, and how to demonstrate understanding of key details in a text.

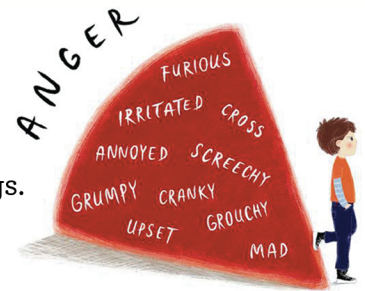
Grade 3 – RL.3.3: Describe characters in a story (e.g., their traits, motivations, or feelings) and explain how their actions contribute to the sequence of events.

PRE-READING: EMOTIONAL LITERACY FOUNDATION

Objective: Students will build emotional vocabulary and activate prior knowledge about anger.

Activity: Emotion Word Bank Creation

- Display a list of anger related feeling words: - mad, furious, annoyed, irritated, frustrated
 - Explain that these words are part of the “anger family” and describe different levels of anger, from a small to a big feeling of anger.
- Invite students to share examples of times they experienced these feelings.
- Create a class “Anger Intensity Scale” from 1-10
- Discuss: “Is anger always bad? When might anger be helpful?”



DURING READING: CHARACTER ANALYSIS & EMOTIONAL INTELLIGENCE

Objective: Students will build emotional vocabulary and activate prior knowledge about anger.

Stop and Discuss Points:

- **When Henry arrives angry:** “What body clues show Henry is angry?”
- **During box breathing lesson:** “How does box breathing work? Let's try it together.”
- **When the emotion wheel appears:** “What emotions are on the wheel? Which section would help Henry?”

At the story's end: “How did Henry's emotional intelligence help solve the problem?”

POST-READING: COMPREHENSION & APPLICATION

Objective: Students will demonstrate understanding and apply emotional intelligence concepts.

Discussion Questions:

- How did Henry's anger change throughout the story?
- Which tool would you use when feeling angry: box breathing or cool-down counting?
- What did Henry learn about communicating his feelings?
- How did understanding the “why” behind Mom's rule help Henry?



WRITING & LANGUAGE ARTS

EXPRESSING EMOTIONS THROUGH WRITING

Common Core State Standards — English Language Arts Standards — Reading Literature

Key Ideas and Details

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Second Grade–RL.2.1: Ask and answer such questions as who, what, where, when, why, and how to demonstrate understanding of key details in a text.

Grade 3 – W.3.3: Write narratives to develop real or imagined experiences or events using effective technique, descriptive details, and clear event sequences.

VOCABULARY DEVELOPMENT: EMOTION WORDS

Objective: Students will expand their emotional vocabulary and understand intensity levels.

Anger Intensity Writing:

- Create personal emotion scales: annoyed → irritated → mad → furious
- Write sentences using each intensity level

Example: "I felt annoyed when my pencil broke, but I felt furious when someone broke my project."

PERSONAL NARRATIVE: MY ANGER STORY

Objective: Students will write about their own experiences with anger using emotional intelligence strategies.

Writing Prompt: "Write about a time you felt angry. Include:"

- What happened to make you angry?
- What did your body feel like?
- What did you do about your anger?
- What would you do differently now that you know Henry's tools?

LETTER WRITING: EMOTIONAL COMMUNICATION

Objective: Students will practice expressing feelings clearly and respectfully.

Letter to Henry's Mom:

- Write a letter from Henry to his mom explaining his feelings
- Include: "I felt ____ when ____ because ____."
- Practice using calm, respectful language compare with how Henry actually talked to his mom in the story



MATHEMATICS APPLICATIONS

MEASURING AND UNDERSTANDING EMOTIONS

COUNTING AND NUMBER RECOGNITION:

BOX BREATHING

Objective: Students will practice counting to 4 and understand sequences while learning calming techniques.

Box Breathing Math:

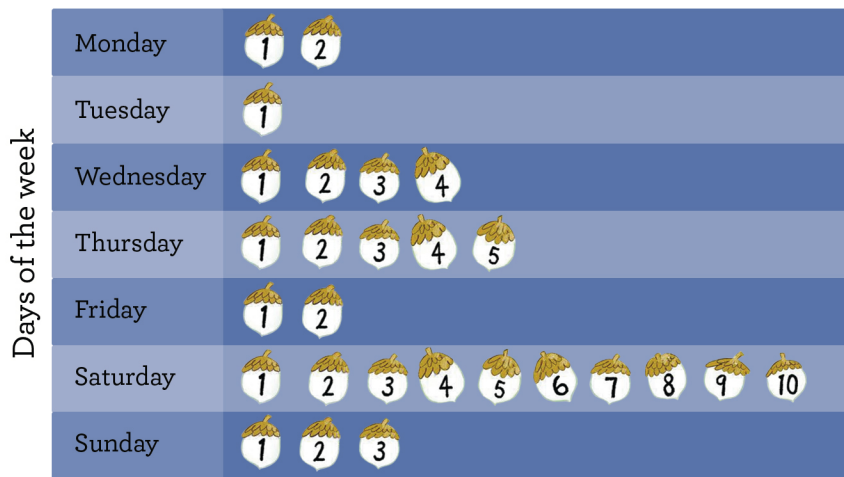
- Draw 4x4 squares to represent breathing patterns
- Count 1-2-3-4 for each side of the box
- Practice skip counting: 4, 8, 12, 16 (for complete breathing cycles)
- Time breathing exercises: "How many box breaths in 1 minute?"

DATA COLLECTION: EMOTION TRACKING

Objective: Students will collect and organize data about emotions over time.

Weekly Emotion Chart:

- Create bar graphs showing daily emotion intensities (1-10 scale)
- Track which coping strategies were used each day
- Compare: "Which day had the highest anger level? The lowest?"
- Calculate: "What's your average anger level this week?"



Acorn anger level

GEOMETRY: EMOTION WHEEL ANALYSIS

Objective: Students will explore circles, segments, and equal parts while learning about emotions.

Emotion Wheel Math:

- Count the 6 sections in the emotion wheel
- Discuss equal parts: "Each emotion gets the same space"
- Create personal emotion wheels with different numbers of sections

Compare fractions: "Anger is $\frac{1}{6}$ of the wheel"

Common Core State Standards — Mathematics

Counting & Cardinality

- Kindergarten-K.CC.A.1: Count to 100 by ones and by tens.

Measurement & Data

- First Grade-1.MD.C.4: Organize, represent, and interpret data with up to three categories; ask and answer questions about the total number of data points, how many in each category, and how many more or less are in one category than in another.

- Second Grade-2.MD.D.10: Draw a picture graph and a bar graph (with single-unit scale) to represent a data set with up to four categories. Solve simple put-together, take-apart, and compare problems using information presented in a bar graph.

- Grade 3 - 3.MD.B.3: Draw a scaled picture graph and a scaled bar graph to represent a data set with several categories. Solve one- and two-step "how many more" and "how many less" problems using information presented in scaled bar graphs.



EMOTIONAL INTELLIGENCE & LITERACY

THE FUTURE OF EDUCATION IS IN EMOTIONAL UNDERSTANDING

Key Distinction: Emotional literacy is knowing and naming feelings. Emotional intelligence is understanding feelings (both your own and others) and knowing what to do with them. This is the foundation for lifelong emotional wellness.

EMOTIONAL LITERACY: BUILDING FEELING VOCABULARY

Objective: Students will accurately identify and name different intensities and types of anger.

Anger Spectrum Activity:

- Create an "Anger Thermometer" with words from grumpy to furious
- Practice identifying: "Where on the thermometer is Henry's feeling when he can't have pie?"
- Role-play different scenarios and identify the appropriate anger level
- Develop personal anger vocabulary lists

BODY AWARENESS: PHYSICAL EMOTION RECOGNITION

Objective: Students will recognize how emotions manifest physically in their bodies.

Body Mapping Exercise:

- Students draw body outlines and color where they feel anger
- Practice the body scan: "What does your face feel like when angry?"
- Learn Henry's body clues: hot face, fast heartbeat, clenched fists
- Create personalized "Early Warning Signs" lists



CASEL—SEL Framework

• **Self-Awareness:** Understanding one's own emotions, thoughts, and values and how they influence behavior

• **Self-Management:** Managing emotions, thoughts, and behaviors effectively; achieving goals and aspirations

Social Awareness: Understanding perspectives of and empathizing with others, including diverse backgrounds

• **Relationship Skills:** Establishing healthy relationships and communicating effectively

• **Responsible Decision-Making:** Making caring and constructive choices about personal behavior and social interactions

EMOTIONAL INTELLIGENCE: STRATEGIC RESPONSE SKILLS

Objective: Students will master practical tools for managing anger and develop strategic emotional responses.

Tool Mastery Practice:

- **Box Breathing:** Practice daily until automatic
- **Cool-Down Counting:** Use in real classroom situations
- **Emotion Wheel Communication:** "I feel ____ because ____"
- **Problem-Solving After Calm:** "Now what can I do about this?"



CROSS-CURRICULAR EXTENSIONS

INTEGRATING EMOTIONAL INTELLIGENCE ACROSS ALL SUBJECTS

Integration Focus: These activities embed emotional intelligence and literacy - concepts across all subject areas, reinforcing learning through multiple modalities and contexts.

ART: VISUAL EXPRESSION OF EMOTIONS

Objective: Students will create visual representations of anger and coping strategies.

Art Activities:

- **Emotion Color Wheels:** Create personal emotion wheels using colors that represent different feelings
- **Anger Intensity Paintings:** Use warm/cool colors to show anger levels from 1-10
- **Box Breathing Sculptures:** Create 3D boxes with calming designs and patterns

PHYSICAL EDUCATION: MOVEMENT FOR EMOTIONAL REGULATION

Objective: Students will use physical activity to manage and release anger safely.

PE Activities:

- **Anger Release Exercises:** Running and jumping jacks for safe anger expression
- **Box Breathing with Movement:** Combine breathing exercises with gentle yoga or stretching
- **Team Cooperation Games:** Practice managing frustration during competitive activities
- **Calming Movement:** Slow walking or rhythmic activities for regulation

MUSIC: EMOTIONAL REGULATION THROUGH SOUND

Objective: Students will explore how music affects emotions and aids in regulation.

Music Activities:

- **Emotion Playlists:** Create collections of songs for different emotions and intensity levels
- **Anger Rhythm Instruments:** Use drums, shakers to express and release angry feelings
- **Calming Music Analysis:** Listen to peaceful music during box breathing exercises
- **Compose Emotion Songs:** Write simple songs about Henry's journey from anger to calm

