

How to Tantrum Like a Champion

Ten Small Ways to Temper Big Feelings

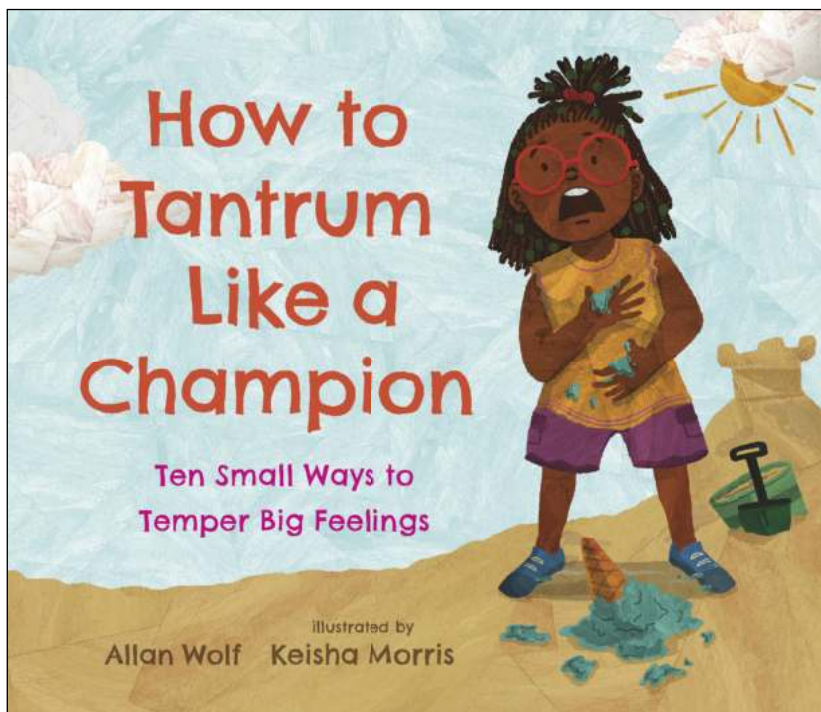
ALLAN WOLF

illustrated by KEISHA MORRIS

Your hands turn into iron fists.

Your giggles are all gone.

Your body's trying to tell you
there's a tantrum coming on.



HC: 9781536223477



ABOUT THE BOOK

Sometimes your day doesn't go how you planned it. Or there's too much noise, and the light is way too bright. Small feelings can turn into overpowering feelings, and now there's a tightening in your chest or a pounding in your head. A tantrum is coming, and it feels like it can't be stopped, but you're not worried, because you know what to do! You start with a deep breath and a slow count from one to ten. Then maybe you'll break into a silly dance, or find a cozy, comfy hideaway, or play an easy game by yourself so you can win. Soon enough, those big feelings will quiet down again—because you know how to tantrum like a champion. With a playful, soothing text and dynamic, stylish illustrations, Allan Wolf and Keisha Morris offer the perfect blueprint for readers of any age to keep those overwhelming feelings from taking them by surprise.

A NOTE FROM THE AUTHOR

I have lived with anxiety my whole life. And while those anxieties did not usually manifest as tantrums, I can empathize with kids whose anxiety gets the better of them. The strategies I've included in *How to Tantrum Like a Champion* are the same ones I developed and used when I was a kid. Heck, I still use them. I hope tantrum champions and the people who love them will find this book as useful as it is fun.

Common Core Connections

CCSS.ELA-Literacy.RL.K.7

With prompting and support, describe the relationship between illustrations and the story in which they appear (e.g., what moment in a story an illustration depicts).

CCSS.ELA-Literacy.RL.K.10

Actively engage in group reading activities with purpose and understanding.

CCSS.ELA-Literacy.RL.1.1

Ask and answer questions about key details in a text.

CCSS.ELA-Literacy.RL.1.4

Identify words and phrases in stories or poems that suggest feelings or appeal to the senses.

CCSS.ELA-Literacy.RL.2.10

By the end of the year, read and comprehend literature, including stories and poetry, in the grades 2–3 text complexity band proficiently, with scaffolding as needed at the high end of the range.

Social Emotional Learning Connections

American School Counselor Association Student Standards
Self-Management Skills

B-SMS 1. Responsibility for self and actions

B-SMS 2. Self-discipline and self-control

CASEL Framework

Self-awareness

Self-management

DISCUSSION QUESTIONS

1. What are some ways the characters in the book could have felt in their bodies when they were getting angry?
2. When you get angry, where do you feel it in your body?
3. The author lists some reasons you might have a tantrum. What are some of those reasons?
4. Have you ever had a tantrum or felt really, really angry? What happened to make you feel so angry?
5. The author lists some ideas or strategies you can use to help you calm down when you feel a tantrum coming on. Which strategies did you like best? Why?
6. Do you have any other strategies you use to help you calm down when you are angry or frustrated?
7. Look at the characters' faces on the early pages of the book. How are they feeling? How do you know?
8. Look at the characters' faces when they are using strategies to help them calm down. How do these characters feel? How do you know?
9. What choices did the illustrator make to show you how these characters are feeling?
10. The illustrator shows us how the characters are feeling with pictures. The author tells us with words. What are some words the author uses that tell us how the characters are feeling?

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CLASSROOM ACTIVITIES

Create a Calm Space

Somewhere in the classroom, create a calm space as shown in the book's strategy number seven. You can call it the Calm Cave, the Chill Chamber, the Relax Room, or something else you choose with your students. Select one or two comfort items, such as a stuffed animal, pillow, or blanket, to stay in the calm space. Choose a calming activity, such as coloring, music, a squeeze ball, or a lava tube, to include as well. Be sure to display pictures or words in the calm space that will remind your students of one or two calming strategies that they can use while in the space. For example, you might have a picture of pie to remind them to take a deep breath. You may also want to include your copy of *How to Tantrum Like a Champion* so they can reference the strategies in the book. A sand timer can assist in transitioning back out of the calm space.

Tantrum Tool Bags

Tantrums don't always happen when there is a calm space nearby, so help your students make a tantrum tool bag. Have your students choose three strategies from the book or their own helpful calming strategies. Have them draw a picture or write a word on an index card to help them remember each strategy. Place these cards, along with any small de-stressor, such as a squeeze ball or fidget toy, into a small bag. Having a physical reminder of a strategy can help when emotions are high.



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My Body, My Feelings

Have students lie down on large pieces of paper and trace their bodies. Then have them color, draw, or write on the drawing to show where and how they feel anger in their bodies. You can hang up their drawings to help them be more aware of signals that a tantrum is coming on. You can also use these body charts after a tantrum has passed to talk about how they felt. Have students add to their drawings as they become aware of other reactions their body has to anger.

Our Own Book of Calming Strategies

The author shares ten strategies for calming down in the book. Have your students brainstorm some other strategies that help them calm down when they are angry or frustrated. Challenge them to create a book to share their strategies with others. Younger children can draw pictures, while older children can also include labels or written descriptions. Reread *How to Tantrum Like a Champion* with your older students and have them identify the rhyme scheme. Challenge them to use rhyme in their book as well.

SHARING STRATEGIES

- Read *How to Tantrum Like a Champion* with your students first when they are in a calm mood.
- Read interactively with your students. Stop and ask questions as you read, and use the book as a way to encourage them to talk about times when they have felt angry or had a tantrum.
- Have your students practice the ten strategies in the book so they become more automatic when emotions are high.
- This book lends itself to rereading. Reread after a tantrum has passed, and pause to let the student express how they felt anger in their body. Reread to practice the strategies. Reread to remind your students that everyone has big feelings and that they can use strategies to control their reactions to these feelings.



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A Useful Related Book by Allan Wolf



The Gift of the Broken Teacup:
Poems of Mindfulness,
Meditation, and Me
HC: 9781536228953

ABOUT ALLAN WOLF

Allan Wolf is the author of many award-winning books for children and teens, including *The Blanket Where Violet Sits*, *Behold Our Magical Garden*, *No Buddy Like a Book*, *The Day the Universe Exploded My Head*, and *The Blood-Hungry Spleen and Other Poems About Our Parts*. He lives in Roanoke, Virginia.

ABOUT KEISHA MORRIS

Keisha Morris is a freelance writer and children's book illustrator. She earned her BFA in illustration at the Fashion Institute of Technology in New York. When she is not drawing, she loves spending time with her wife, daughter, and two cats. She lives in Maryland.

This guide was prepared by Cassandra Love, elementary educator and curriculum developer.