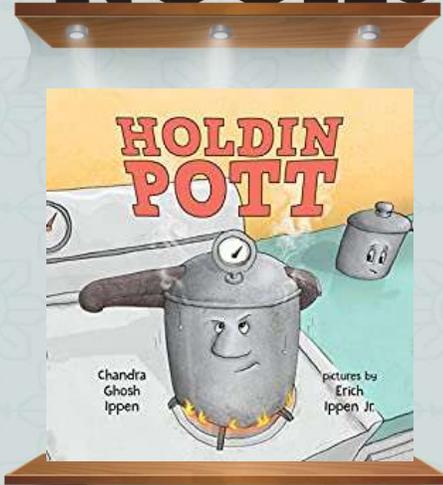


New York State
BOOK NOOKS



Title: Holdin Pott
Author: Chandra Ghosh Ippen
Illustrator: Erich Ippen Jr.
Publisher: Piplo Productions
Date published: 2019

Holdin Pott

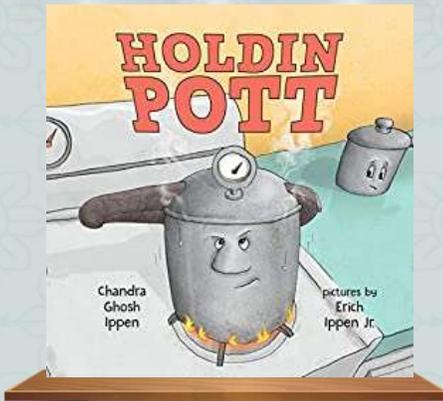
Little Pot has learned about managing his emotions from watching his dad, Holdin Pott. When Holdin’s feelings start to bubble up, he works extra hard to keep those feelings inside or, “surely they will cause trouble”. Little Pot does his best to follow what he has learned until one day he BLOWS. Is it best to hold in your feelings or is there a better way? Holdin realizes maybe his way isn’t the best way, and together with Little Pott, works on better ways to deal with strong emotions.

Pyramid Model Skill or concept(s)	<ul style="list-style-type: none"> • Anger • Impulse Control • Problem Solving
Goal/Objective:	<p>Children will describe what their bodies may feel like when they hold their feelings inside.</p> <p>Children will identify one appropriate and one inappropriate way to handle difficult emotions.</p>
Emotional Vocabulary:	<p>Anger, frustration, sadness, disappointed, embarrassed, overwhelmed, scared, worried</p>

Story Time: (Show and Tell It)

Name of Activity:	Turn Down the Heat
Preparation/Materials:	Pyramid Feeling Face Cards, Chart Paper with feeling color zones (red, yellow, green, blue)
Ideas of what to say or do.	<p>Prior to reading the story, discuss the different feeling color zones and how the body may feel during each.</p> <p>Provide each child with a Pyramid “Feeling Face” card. Discuss how different feelings can make our bodies feel different ways. Have them put their card where they think the feeling would be on the color chart.</p> <p>After reading the book, discuss how Little Pot’s “body” was feeling, referring to the chart. Invite children to share different ways their bodies feel when dealing with difficult emotions. Have they ever “blown their lid” when they experienced strong emotions?</p>

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Small Group: (Practice Makes Perfect)

Name of Activity:	Managing Difficult Emotions
Preparation/Materials:	Various "calming kit" props Tucker Turtle Story/Puppet Various art materials Chart paper
Ideas of what to say or do.	<p>Building on the earlier discussion of Holdin Pott, ask children about what happened when Little Pot, "blew". Was this a good way to deal with his difficult emotions? Did you ever have a time where your strong emotions caused you to make a poor choice? Chart some of the poor choices.</p> <p>Introduce (or review) Tucker Turtle story and puppet. Introduce (or review) the calming kit props. What does Tucker do when he is feeling difficult emotions? What kinds of things help you when you are feeling upset/angry/frustrated/scared, etc.?</p> <p>Invite children to describe one or two methods that they would choose to help them calm down. Encourage them to practice. Take a photo of them practicing and/or have them draw a picture. Keep handy to use as a tool to remind the child of the strategy if those difficult emotions occur while in class. Send a copy to be used at home as well.</p>

