

## Angry Octopus – Reading Guide

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Themes: anger management, coping skills, progressive muscle relaxation, imagery

Lesson/Notes: As you read, encourage child to follow along with the octopus in relaxing his/her own body. Model skill as you read when possible. Read in a slow, calm manner. Progressive muscle relaxation can also be used to help manage anxiety and can be incorporated into a bedtime routine.

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### Discussion Questions

- *How did the octopus feel at the beginning of the story? (angry, mad)*
- *When was a time you felt really angry like the octopus?*
- *How did the octopus feel at the end of the story? (happy, relaxed, calm)*
- *What helped the octopus feel like the boss of his body? (sea child, deep breaths, relaxing)*
- *What helps you to feel calm?*

### Activity: Peaceful Place Painting

Supplies Needed: paint, paintbrush, mini canvas (or white paper)

- Review what octopus did that helped him feel calm and relaxed. Ask child to think of a place – real or imagined – where (s)he feels calm/safe/relaxed/peaceful like the octopus did at the end of the story.
- Encourage child to paint this peaceful place on a mini canvas or white construction paper.
- Explain to child that imagining this peaceful place (smells, sounds, feelings, sights, tastes) can help child find that peaceful feeling again. The picture can be a reminder. Guide the child to remember or imagine details of his or her Peaceful Place.

