

It's Okay to Be Angry



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This book is part of the Inuutsiarniq Reading Series developed by the Department of Health in Nunavut. The Inuutsiarniq Reading Series is a unique, Nunavut-developed literacy initiative that infuses Northern values of healthy living and self-care into a culturally appropriate reading program.

The Inuutsiarniq Reading Series was developed to support the reading level guidelines outlined in the Department of Education's Inuktitut reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktitut reading program that supports students in their development from emergent to independent readers.

Healthy behaviours start at home. Healthy children become healthy adults. For more information, visit www.gov.nu.ca/health and your local Health Centre.

Family Engagement/ It Starts at Home

A child's success as a reader is dependent on supportive home and school environments. Reading, and a love of reading, begins at home. The Department of Health has developed a series of levelled take-home books to support reading at home. The following is a list of things you can do to support children as they become independent readers.

Keep distractions to a minimum. Find a quiet place to read and talk about the book. Even the best readers have a difficult time focusing on reading when there are too many distractions.

Take turns. Read to the child, read with the child, and let the child demonstrate his or her reading skills to you. This will help you provide gentle corrections, and it will provide an opportunity for the child to show you how he or she is improving.

Read it again and again. It is good to read the book a few times. Repetition helps strengthen learning and develops a child's confidence in reading.

Ask questions. As you read through the book, pause and ask questions about what is going on. This will help the child think about what he or she is reading, and will reinforce reading comprehension.

Focus on successes, not mistakes. All early reading experiences should focus on praising success, as this will build confidence in the child.

Talk about the symbols or letters and sounds. Help the child learn the names of the symbols or letters and the sounds they make. Point out other things around the house that start with the same sound.

Read it and experience it. If possible, make connections between what the book is about and what happens in life. For example, if the book is about food, talk about food you eat together at home.

Book details

Level: 11

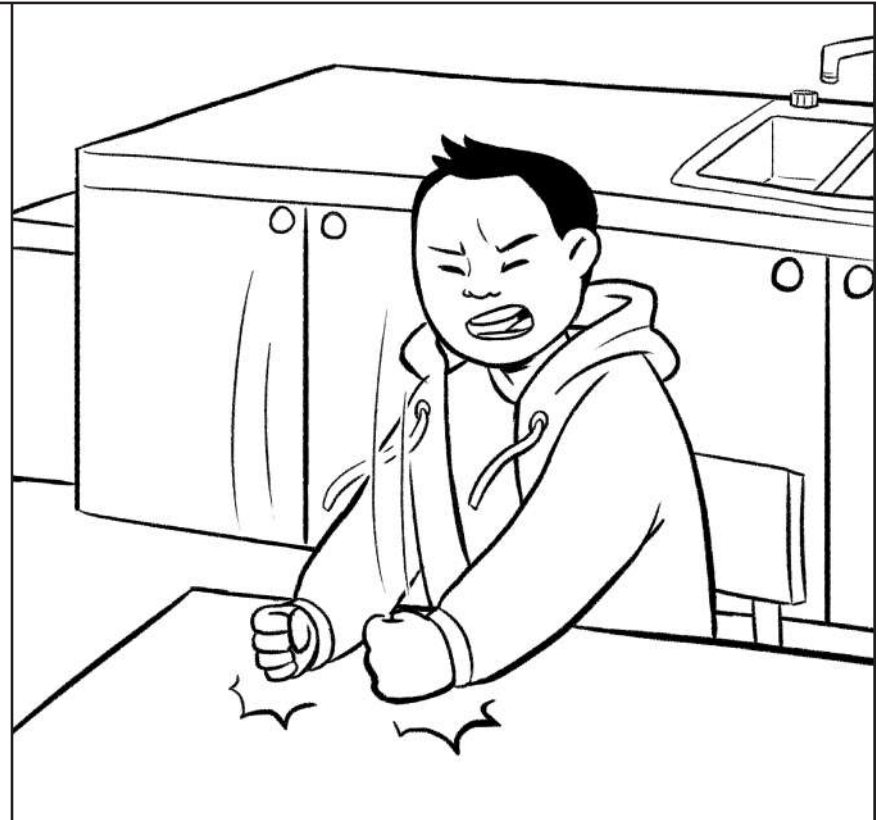
Text Type: Fiction

Subject/themes: Emotions and feelings, reactions to feeling angry, household responsibilities, how to deal with feeling angry

Key features: Dialogue, third-person point of view, past and present tense, descriptions of ways to deal with anger



Kunuk was having a bad day.
He missed the school bus and had to stay in the classroom at recess because he had been late. He was angry not to be outside playing with his friends.
He tried to ignore his feelings.



When he arrived at home, his stepdad Kootoo asked, "Kunuk, will you take out the garbage and then do your homework?"
Kunuk's skin got hot, and he felt like crying. He slammed his fists onto the table. "That's not fair," Kunuk shouted. "It's Ooloota's turn to take out the garbage!"



Kunuk was surprised by his anger. He knew he shouldn't yell at his stepdad or hit the table. He didn't want to feel out of control.

Kunuk said, "I'm sorry. I shouldn't have yelled or hit the table. Getting angry is bad."



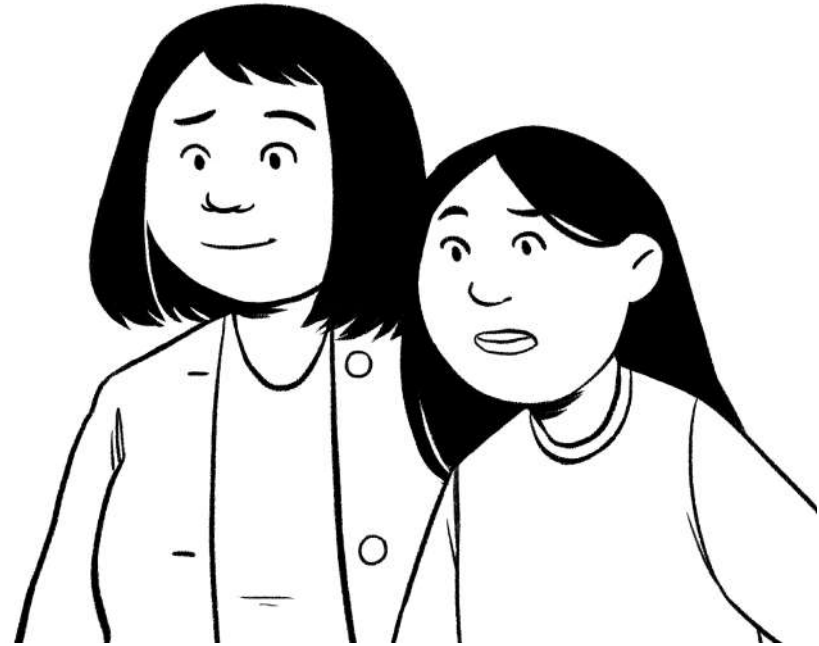
"Thank you for apologizing," Kootoo said. "You're right that you shouldn't yell at me or anyone else, but it's okay to be angry."

Kootoo put his hand on Kunuk's shoulder. "Everyone gets angry, including me. Sometimes something makes us angry. Other times we don't know why we feel angry."



Kootoo said, “When I am angry, I feel like I have a lot of energy. Let’s get moving to use that energy up!”

They went into the living room. They shook their arms and legs. They danced and skipped and hopped on one foot.



Anaana and Kunuk’s stepsister, Ooloota, came in.

“What are you doing?” Anaana asked, sounding curious.

“We’re getting our anger out!” Kunuk said as he and Kootoo jumped up and down. “I feel better! Anaana, what do you do when you’re angry?”



Anaana laughed and said, “When I get angry, I put my feelings into pictures.” She went to the bookcase and took down a yellow sketchbook.

Anaana had drawn and painted many pictures inside. Some were peaceful ones of the floe edge. Others looked sharp, with lots of angles and bright colours.



Ooloota reached into her backpack and pulled out a hardcover notebook with a picture of a narwhal on it.

“My favourite way to cope with anger is to put my feelings into words,” she said. “I write poems and short stories.”



“Another thing you can do is sit quietly and focus on your breathing. It helps you clear your mind and feel calm,” said Anaana.

Kunuk and his anaana sat down quietly for a few minutes. Kunuk felt the way his chest rose and fell as he breathed.



“When you feel angry, stop and think about how you feel,” Kootoo said. “That way, you can do something with your anger that doesn’t hurt anything or anyone, including yourself.”

Kunuk felt better. Together, everyone went into the kitchen to help make dinner.



The next time Kunuk got angry, instead of ignoring his feelings, he said, “I am angry, and that is okay!”

He didn’t yell at anyone or slam his fists on a table. Instead, he went for a run around the block until he felt better!

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