



Angry, sad and mad

I'm here today with my good friend, Gracie. Hi, Gracie! Ha ha ha ha!
And we're feeling very happy. But, Gracie, sometimes I don't feel
happy. Here's how I was feeling yesterday. Ready? Dooooooooohhhh!
What is that one? What am I feeling?

You're angry!

Oh!

That's angry.

Angry!

Oh my goodness! Am I ever feeling angry.

What do I do, Gracie, when I feel mad?

Mm, have a breathe?

Take deep breaths.

Take deep breaths.

Deep breaths. Do you want to do that with me?

Hm!

OK, ready?

Do you ever count to ten?

One ... two ... three ... four ... five ...

I think it's working ... six ... seven ... eight ... nine ... Deep breath! Ten.

I feel a lot better. Do you feel better?

Mm-hmm. Are you OK?

Video zone





I feel great!

How do you feel?

Better.

Yeah, you look ... I feel better too! Aw, excellent suggestions. Thank you, Gracie. I feel better.

Oh, hello. It's, it's me, Mr Orlando. And this is my friend Nika and I'm feeling ... I don't know what I'm feeling.

How am I feeling, Gracie?

Sad.

Oh.

Sad.

And, and, and, and maybe a tear comes out of my eye like that ... Do you know what that emotion is?

You're very sad.

Nika, Nika, what do you do sometimes when you're sad?

I cry.

That's a very good cry.

Brooklyn? How do I feel better? What do we do when we're sad?

Laugh.

Oh, really?

Tear, tear, tear. Are you laughing at my sadness?

Oh, that made me feel better already.



What do you think we can do?

Hug.

Oh, a hug? Do you want a hug? Aw.

Ask for someone to give you a hug.

Oh, that's a great idea. Well, may I have a hug?

Yes.

Oh. Thank you. OK.

You can try to go to a teacher or a grown-up and say, 'I'm feeling sad. Can you do something to help me?'

Oh! Thank you, Gracie. That's a good hug. You know what? That worked, I feel better.

What do we do, just after the cry there?

Take a breath.

I was sad, we both had a little cry and then we took a deep breath. And did that make you feel better?

Yes.

Yeah, that made me feel better too.

Watch this video <https://learnenglishkids.britishcouncil.org/video-zone/angry-sad-and-mad>

www.britishcouncil.org/learnenglishkids

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