

Red Red Red
Discussion Guide
Grades Pre-K-2nd

Before Reading: to activate schema, build background knowledge, and set a purpose.

- Start by asking, “What does it mean to feel frustrated? Have you ever felt frustrated before? Why?” (Optional: Pair Share)
- Explain to students that when we feel frustrated, we feel unhappy because we can’t do something we should be able to do or want to do.
- Set a purpose for reading: “As we read today, think about how the little boy learns to calm down when he is feeling frustrated.”

During Reading: to engage students, check for understanding, and make connections.

- Why is the boy climbing, reaching, stretching, and jumping?
- How is the little boy feeling after he falls?
- What do you think it means to “see red?” How do the words and picture help us understand how he feels?
- What advice does the little boy’s mom give him to calm down? Do you think it will work?

After Reading: to summarize, question, and reflect.

- Revisit the purpose for reading: How does the little boy learn to calm down when he was feeling frustrated? What strategies do you use to help you calm down?
- **Extend:** *Learning how to take deep breaths can help you calm down when you’re feeling frustrated.* Show students this video from [PBS Learning Media](#) to learn how to belly breathe. Encourage students to join in on the interactive parts!

If your students enjoyed this book...

- Encourage them to continue to discuss it and refer to it in other lessons and conversations.
- Let them explore books that introduce children to sing-along songs for managing anger, such as [Gentle Hands and other Sing-Along Songs for Social-Emotional Learning](#).