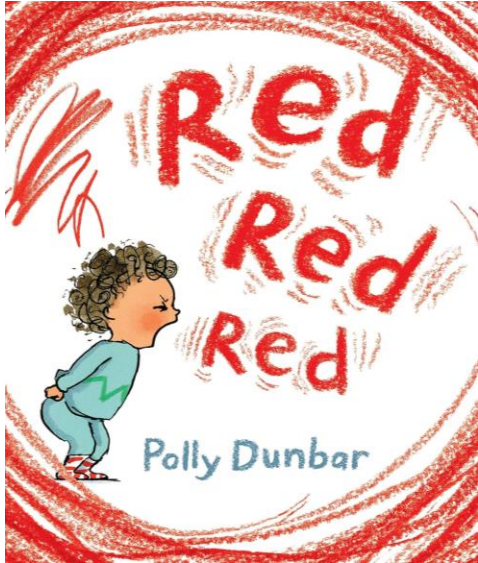


Discussion Guide for Families



Red Red Red

Author: Polly Dunbar

Illustrator: Polly Dunbar

Themes: Emotions and Feelings

Book Brief: Every toddler gets frustrated and angry, sometimes seeing "red" during a tantrum. In this relatable and uplifting story, a mother helps her son calm down by counting to ten, offering a simple, meditative strategy to manage big emotions.

READ ALOUD

Before Reading: Build Background

- Ask your child, "What does it mean to feel frustrated? Can you think of a time when you felt frustrated? What happened?"
- Explain: "Feeling frustrated means feeling upset because something isn't working the way you want it to, or because you can't do something you really want to do."

While Reading: Make Connections

- Why is the boy climbing, reaching, stretching, and jumping?
- How does the boy feel after he falls?
- What do you think it means to "see red"? How do the words and pictures show us how he feels?
- What advice does the boy's mom give him to calm down? Do you think it will help him?

After Reading: Ask Questions

- How does the boy learn to calm down when he feels frustrated? What are some things you do to help yourself calm down?

RELATED ACTIVITIES

If your child enjoyed this book, consider:

- Encourage them to talk about it during other conversations.
- 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!
- 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](#).