

# 10 Ways to Turn **ANGER** into **CALM**

What works for one person may not work for another,  
so think about which technique will help YOU stay calm.

Walk away



Take deep breaths



Gently beat your chest



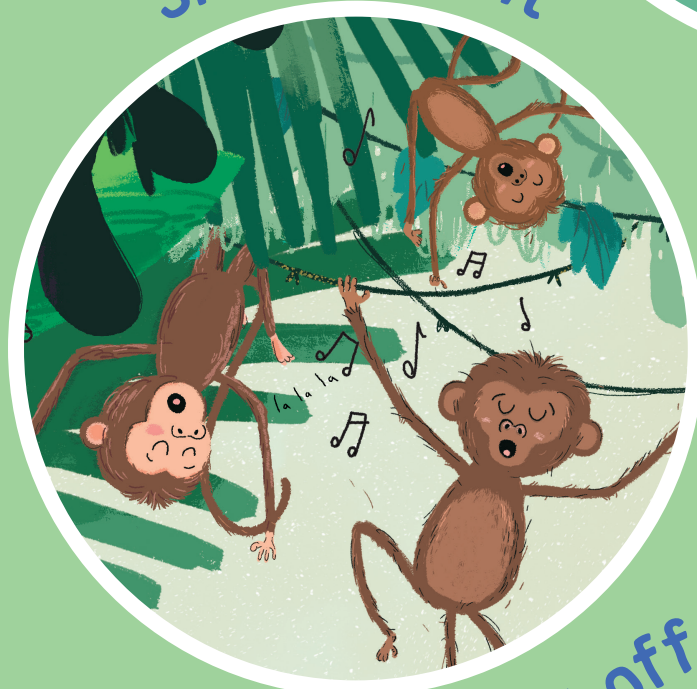
Talk about it



Do some yoga



Sing about it



Take a nap



Do a dance



Cool off somewhere quiet



Think about something happy



OUT  
NOW!



By James Sellick  
& Craig Shuttlewood



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DEALING with  
FEELING



# Teaching Notes: Storm Goliath

Written by James Sellick

Illustrated by Craig Shuttlewood

Published by New Frontier Publishing



## SYNOPSIS

Goliath gets angry ALL the time. Anything and anyone can spark off his rages. Some sweet singing ... a croc crunching ... a birthday party ... Then, Goliath has an idea how to control his anger. His new theory is soon put to the test by the world's worst parrot.

## ABOUT THE SERIES

Explore feelings in this fantastic new picture book series, Dealing with Feeling. Through fun and enchanting stories, there's subtle guidance on how to recognise and manage emotions in a positive way. With bright, engaging illustrations and lots of delightful animals that children can identify with, this is a perfect way to deal with big feelings.

## ABOUT THE AUTHOR

James is an award-winning children's author and creative director from London. His debut story, *There's a Rang-tan in my Bedroom*, brought the horrible truth about palm oil to the surface. His follow-up story, *There's a Jag-wah in my Kitchen*, exposed the dangerous world of industrial meat. Now, as we finally emerge from the pandemic, James wants to help children better understand the complexities of their emotions, whilst keeping them entertained at the same time. He hopes his new 'Dealing with Feeling' series with publisher New Frontier will do exactly that, starting with managing anger, conquering self-doubt, coping with loss and sticking together in the face of fear.

## ABOUT THE ILLUSTRATOR

Craig Shuttlewood is a children's book illustrator who likes colouring in, mountain biking, being near the sea and writing stories. His doodles have helped make over 20 books, several of which have won awards. Craig lives in Brighton, UK, with his wife and two small people called children.



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### EDUCATIONAL APPLICABILITY

*Storm Goliath* is a terrific tale which mixes a fun story about an angry gorilla with subtle guidance (through the gorilla's actions) on how to manage anger in a positive way. This book offers a crucial starting point for children to talk about empathy, emotions and feelings. Through James Sellick's playful text and hilarious, expressive illustrations by Craig Shuttlewood, we are immediately shown the way forward in how to deal with feelings. This is the first book in the exciting new series, *Dealing with Feeling*.

### DISCUSSION QUESTIONS

1. Introduce *Storm Goliath* to the children and ask them what they think the book might be about.
2. Why do you think Goliath gets angry all the time? What makes him angry?
3. How do the other animals in the jungle react to Goliath? What feelings do they show? Fear? Disgust?
4. Do you think Goliath realises the effect he is having on the other animals?
5. Talk about the feeling 'anger' and also 'hanger' and 'sanger'.
6. Ask the children if they do anything to 'manage' or 'control' themselves when they feel angry.
7. What does Goliath do to manage his anger?
8. Is he successful?
9. Why do you think the book is called *Storm Goliath*?
10. After reading the book, ask them what did they think of the story? Which was their favourite part and why?



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## EMPATHY

Through this story, we can see how Goliath is feeling – angry. We might not feel angry when a croc is crunching or a warthog is whining, but Goliath does.

Empathy is understanding how somebody else feels and acting appropriately, whether that's giving them space or trying to help them with their 'big' feeling. In order for a child to demonstrate appropriate empathetic behaviour towards someone else, they must fully understand the broad range of emotions they feel on a daily basis, appreciate that others might have different feelings than their own, be able to put themselves in another person's shoes and understand how they might be feeling, and choose an appropriate response.

Developing empathy in children is not something that happens overnight, and while some people grow up to be more compassionate than others, research suggests our experiences can either help or hinder our ability to empathise with others, and that parents, teachers and carers play a pivotal role in teaching compassion and empathy to children.

### Why is empathy important?

We're all born with the capacity to be empathetic towards others, but our ability to develop a strong sense of empathy is down to how much practice we get. Since empathy plays a huge role in our ability or inability to form meaningful relationships with our peers, classmates and co-workers, it's a skill that can set us up for long-term success if taught correctly.

### When do children learn empathy?

While research suggests that children aren't full capable of 'taking a walk in someone else's shoes' until they are about 7 years old, a child's experiences early in life are said to play a much bigger role in developing empathy than we think. When parents, carers and teachers take the time to teach their children simple emotions, model empathetic behaviour and provide positive reinforcement when their child shows compassion, they are building the foundation needed to identify with the feelings of others.



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### Naming and talking about emotions

To be able to understand how another person is responding to their situation, we must be aware of our own feelings. A child who knows when they are angry (or frustrated or fearful or anxious ...) is considerably more likely to be able to recognise anger in someone else. Our job as parents, carers and teachers is to teach our children the words for what they are feeling and that emotions are completely natural. For example, saying something as simple as, 'I can tell you're frustrated that your sister won't share her toys' shows that what they are feeling not only has a name, but is something the adult can relate to. In a similar situation, this child can now better recognise frustration in another child, having experienced the feeling themselves.

### Empathy through books

A key way children can learn empathy is through books. In *Storm Goliath*, EmpathyLab-trained author, James Sellick, shows the reader how to recognise the feeling of anger and how Goliath is feeling. The story demonstrates how Goliath overcomes his angry feelings and manages them.





## EMPATHY ACTIVITY

'Empathy is putting yourself in another's shoes to find out what exactly that person is feeling or going through at the given time.' Deepa Kodikal  
Look at the shoe below, and answer the questions.

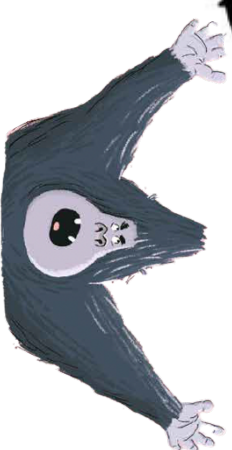


SHOWING  
EMPATHY  
TO OTHERS  
MAKES  
THEM FEEL:

A TIME I SHOWED EMPATHY  
TO SOMEONE WAS:

EMPATHY IS  
IMPORTANT  
BECAUSE:

EMPATHY MEANS:





# I CAN SHOW EMPATHY ACTIVITY

Fill in the boxes below.



When someone is  
angry, I can ...

When someone is  
anxious, I can ...

When someone is  
confused, I can ...

When someone is  
disappointed, I can ...

When someone is  
embarrassed, I can ...

When someone is  
frustrated, I can ...

When someone is  
hurt, I can ...

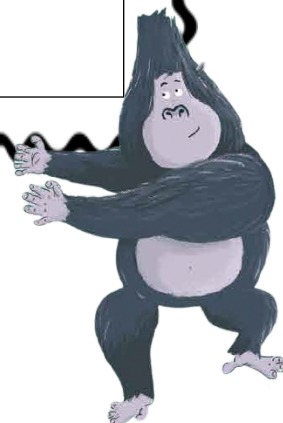
When someone is  
sick, I can ...

When someone is  
lonely, I can ...

When someone is  
proud, I can ...

When someone is  
sad, I can ...

When someone is  
scared, I can ...





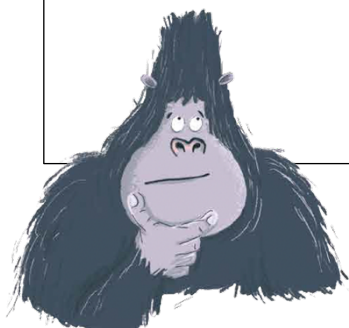


## DRAWING ACTIVITY

Draw a picture of Goliath and his friends. What are they up to?



A large empty rectangular box for drawing.





## WORDSEARCH ACTIVITY

Find all the words below in the *Storm Goliath* wordsearch.



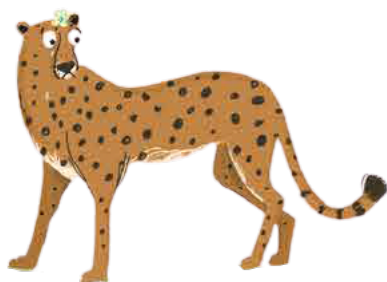
# STORM GOLIATH

P A H R E G O A I Y  
F H T A I L O G F S  
N E A I E A G C A L  
L I E N Y L U N A A  
B I R L G P G I U P  
B Z B N I E A V S J  
A E P E R N R R G O  
O R E O Z F G A T O  
N L E S T O R M N Y  
W C D E S N S A E P

ANGER  
DEEPBREATH  
FEELING  
GOLIATH

HANGER  
JUNGLE  
LUNA  
MARVIN

PACO  
PARTY  
SANGER  
STORM



# STORM GOLIATH

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| P | A | H | R | E | G | O | A | I | Y |
| F | H | T | A | I | L | O | G | F | S |
| N | E | A | I | E | A | G | C | A | L |
| L | I | E | N | Y | L | U | N | A | A |
| B | I | R | L | G | P | G | I | U | P |
| B | Z | B | N | I | E | A | V | S | J |
| A | E | P | E | R | N | R | R | G | O |
| O | R | E | O | Z | F | G | A | T | O |
| N | L | E | S | T | O | R | M | N | Y |
| W | C | D | E | S | N | S | A | E | P |

ANGER  
DEEPBREATH  
FEELING  
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HANGER  
JUNGLE  
LUNA  
MARVIN

PACO  
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STORM

