

# SEEMOR'S FLIGHT TO FREEDOM

A Book About  
Teasing and  
Anger Control



SAMPLE PAGE  
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- Seemor's Story
- Twelve Lessons
- Activities
- Games
- Reproducible Worksheets



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A burning heat spread out from Seemor's chest to the tip of his wings. He glared up at Perceval, expecting him to be laughing, too.

Instead, Perceval asked, "Are you okay?" He extended a flipper toward Seemor.

Seemor knew Perceval was being kind.  
He now knew his anger came from remembering the sea gulls  
and how they teased him.



# TRIGGERS

## OVERVIEW:

LESSON 5 uses discussion and puzzle assembly to show how anger is triggered by internal and external sources. Roll play can be used to show that one has a choice of acting on the anger.

## MATERIALS:

- One copy each of pages 58 through 65
- Puppets Seemor and Perceval
- Copies of enough ballots on page 66 for each child to have one and a pencil

## PROCEDURE:

1. Cut out all of the pieces and place the puzzle pieces in one container and the ballots in another.
2. Start this lesson with a discussion about what things can and don't trigger anger inside of us.
3. The puzzles have the following scenarios to be used in the discussion.
  - Gulls teasing Seemor
  - Penguins laughing at Seemor
  - TV violence stimulating Seemor's anger
  - Depression
  - Seemor being present over time with angry Samuel
  - A penguin leisurely swimming
  - A penguin on a treadmill listening to music
  - A penguin riding a bicycle
4. Have each children draw a puzzle piece from the container.
5. Explain that to put a puzzle together they have to find others with matching letters on their piece.
6. When the puzzle is done each child votes whether the puzzle shows a trigger for anger.
7. Review the vote count and picture on the puzzle with each group.
8. Roll play with the puppets exploring more triggers and choices of acting on them.

