

Tiempo Tranquilo Podcast Script, Episode 5

Anger: The lion inside

**the host, Cecelia, is the only speaker in this episode*

<<sad violin music>>

Cecelia: From K-E-R-A Kids in Dallas, Texas, this is Tiempo Tranquilo a podcast where we talk about the big feelings inside of us and share a new idea for managing our emotions. I'm Cecelia, the host of this show.

<angry stomping followed by a door slam and a groan>

Ugh. That's my little sister. She's been in a really bad mood lately. She keeps complaining about everything.

<sister groans>

And when she doesn't get her way she gets really, *really* mad.

<sister blows a raspberry and slams door>

You hear what I mean? Well, maybe you guessed it. Today we'll be exploring anger.

Have you ever felt angry, like my sister? I know I have!

Sometimes we're angry because we're hungry or tired. Or because something unfair happened. Or even because we didn't get something we wanted. That's ok! Everyone gets upset and *feels* angry. Even grown ups!

Anger can make us feel like a mad lion is roaring inside your chest.

<lion roars>

And sometimes when we don't know how to control it ...

<short lion roar>

...we don't act like our regular selves and we might not know why.

Let me take you back to a time when I got angry. I was about eight years old.

<transition sound, hands on a clock move backwards followed by whimsical music>

I was playing with my toys when all of the sudden my little sister grabbed my favorite teddy bear, mi oso de peluche!

<intense sound effect>

Then... my mom told me it was my sister's turn to play with my teddy. My teddy!

<<intense music>>

I was SO mad! My anger made me feel like a big, giant movie monster.

<monster roars>

Nooooo! My sister snatched my teddy away from me.

<cymbals crash>

I was so angry I started to jump up and down and stomp my feet.

<sounds of monster roars and child stomping and groaning>

I started to cry.

<child crying>

Why would my mom let her play with my teddy?

<cymbals crash and monster roars>

Wait!

<transition sound>

Let's stop for a second.

I felt so angry -- like super angry! If you've ever felt like this, I want you to know that it's OK to feel hurt and angry.

<<sad guitar music>>

Our brain is reacting to that BIG emotion.

Now, let's try something that helps me melt away those yucky feelings when I'm really mad! It's called five-finger breathing.

Put one hand out in front of you. Spread your fingers so they look like a starfish.

With your other hand, trace each finger up as you breathe in and trace each finger down as you breathe out.

Let's try it!

Breathe in as you trace your finger up your thumb.

<sound of inhale>

Breathe out as you trace your thumb down.

<sound of exhale>

<chime>

Now breathe in as you trace up your index finger.

<sound of inhale>

Breathe out as you trace down your index finger.

<sound of exhale>

<chime>

Breathe in as you trace up your middle finger.

<sound of inhale>

Breathe out as you trace down your middle finger.

<sound of exhale>

<chime>

Breathe in as you trace up your ring finger.

<sound of inhale>

Breathe out as you trace down your ring finger.

<sound of exhale>

<chime>

Ok, last finger!

Breathe in as you trace up your pinky.

<sound of inhale>

Breathe out as you trace down your pinky.

<sound of exhale>

<chime>

You can do this as many times as you need to help yourself chill out. Sometimes I count my fingers over and over when I *really* need to cool down.

Let's do it one more time! This time with the other hand.

Ready? Let's go!

Breathe in as you trace your finger up your thumb.

<sound of inhale>

Breathe out as you trace your thumb down.

<sound of exhale>

<chime>

Now breathe in as you trace up your index finger.

<sound of inhale>

Breathe out as you trace down your index finger.

<sound of exhale>

<chime>

Breathe in as you trace up your middle finger.

<sound of inhale>

Breathe out as you trace down your middle finger.

<sound of exhale>

<chime>

Breathe in as you trace up your ring finger.

<sound of inhale>

Breathe out as you trace down your ring finger.

<sound of exhale>

<chime>

Ok, last finger!

Breathe in as you trace up your pinky.

<sound of inhale>

Breathe out as you trace down your pinky.

<sound of exhale>

<chime>

Feels good, right?

Now every time you feel angry, frustrated, or don't get what you want -- like when mom turns off the TV in the morning in the middle of your favorite show -- try the five-finger breathing exercise! You can also call it starfish breathing. It will help cool you down and feel in control again.

Ok amigos, talk to you next time! Nos vemos pronto!

<<sad guitar music fades out>>

CREDITS:

Tiempo Tranquilo is a production of KERA in Dallas, TX. It's hosted by me, Cecelia Adame. Micaela Rodriguez and KERA's director of Education Lisa Bracken developed, produced, and edited this show. Sylvia Komatsu is the Chief Content Officer and Nico Leone is our CEO. Veronica Valles is a peace educator and our mindfulness advisor. The rest of our team includes: Shardae White, Allan Wang, Shenique Rasheed, and Erica Campos. Special thanks to our Parent Advisory Council, Community Voices for their feedback. Tiempo Tranquilo is produced with support from PRX and is made possible (in part) by a Ready To Learn grant from the U.S. Department of Education.

END OF EPISODE