

What Happens When You Get Mad?

In her wonderful poem "Mad," Naomi Shihab Nye equates the experience of being mad at her mother with flying to the moon, and then returning to her mother's open arms. How do you feel when you get mad at a family member or friend? What image comes to mind that best describes this feeling? In this activity, we will help you write your own poem about that very subject.

Directions: Read "Mad" again. Then fill in the blanks below with your own ideas, using Naomi Shihab Nye's poem as your guide. Copy your finished poem onto a separate piece of paper.

MAD by _____
Your name here

I got mad at my _____
Name a person you've recently been mad at.

so I _____.
What do you do when you're mad at this person? Where do you go?

I could still see _____
Describe what you see.

Provide a supporting detail.

My _____
What does this person do when you're mad at him or her?

like a _____
Pick a simile that best describes this image.

searching for me.

He/She _____
Describe what this person does next.

He/She _____.
In different words, restate what he or she does.

Then I _____ and he/she _____.
Describe what you do to get his or her attention. Tell what he or she does in response.

It feels _____
Describe how it feels in the place that you go when you're mad at this person.

My _____
What does this person do to make you feel better?

for me to _____.
How does this help you return to him or her?

He/She knows me so well.

He/She knows I like _____.
Name something you like.