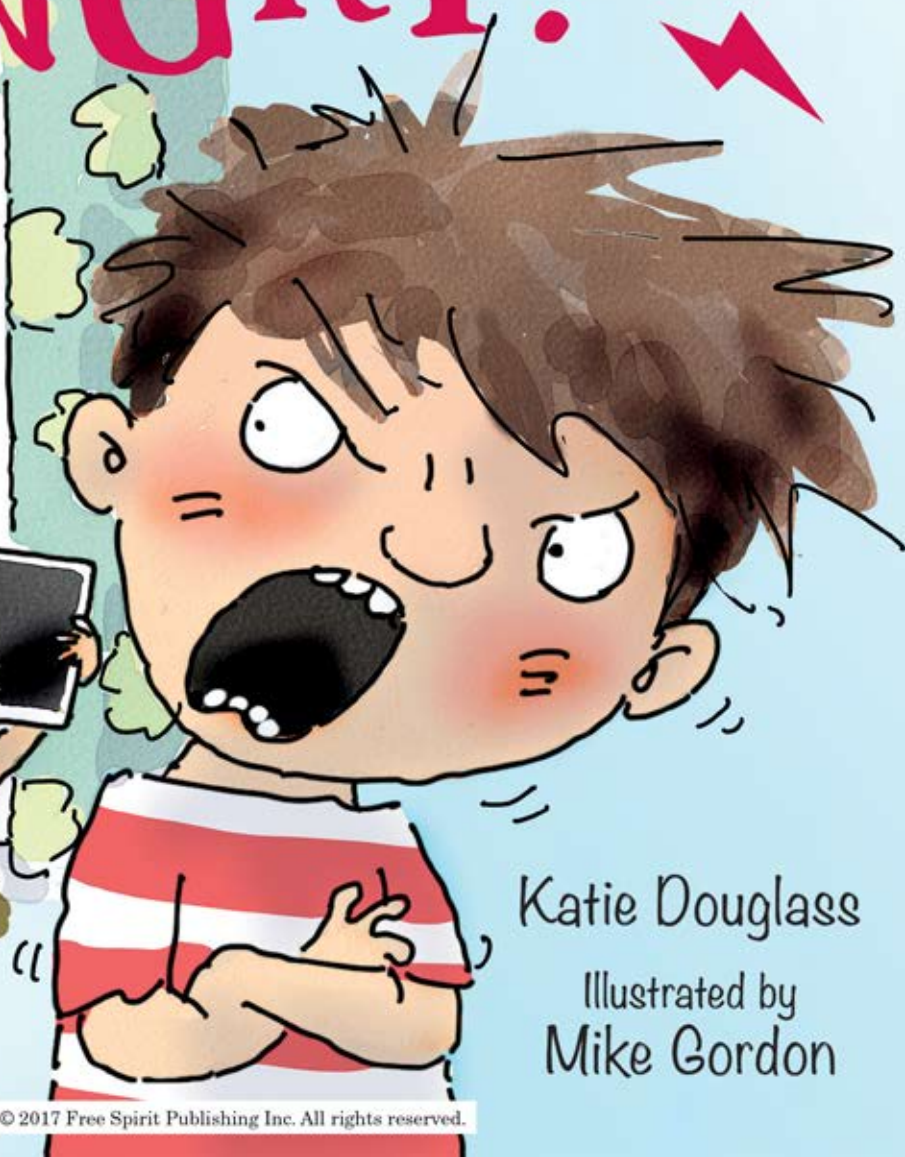


feeling ANGRY!



Katie Douglass

Illustrated by
Mike Gordon

free spirit
PUBLISHING®

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Free Spirit Publishing Inc.
6325 Sandburg Road, Suite 100
Minneapolis, MN 55427-3674
(612) 338-2068
help4kids@freespirit.com
www.freespirit.com



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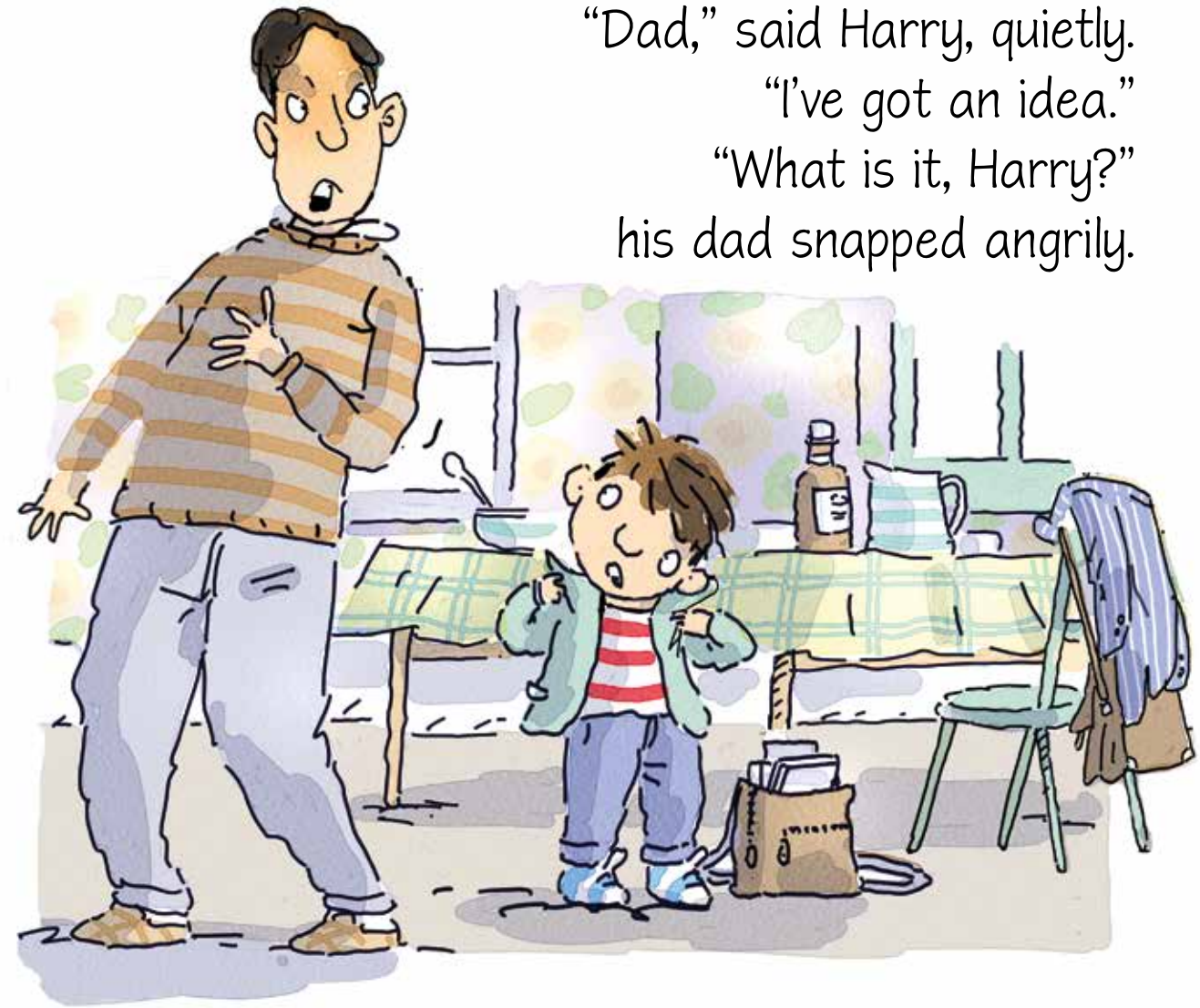
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“Aargh, I can’t find my bag! Or my keys.
And where’s my coat?” yelled Harry’s dad
as he rushed around the kitchen.
Harry’s dad was late for work.

AGAIN!



“Dad,” said Harry, quietly.
“I’ve got an idea.”
“What is it, Harry?”
his dad snapped angrily.

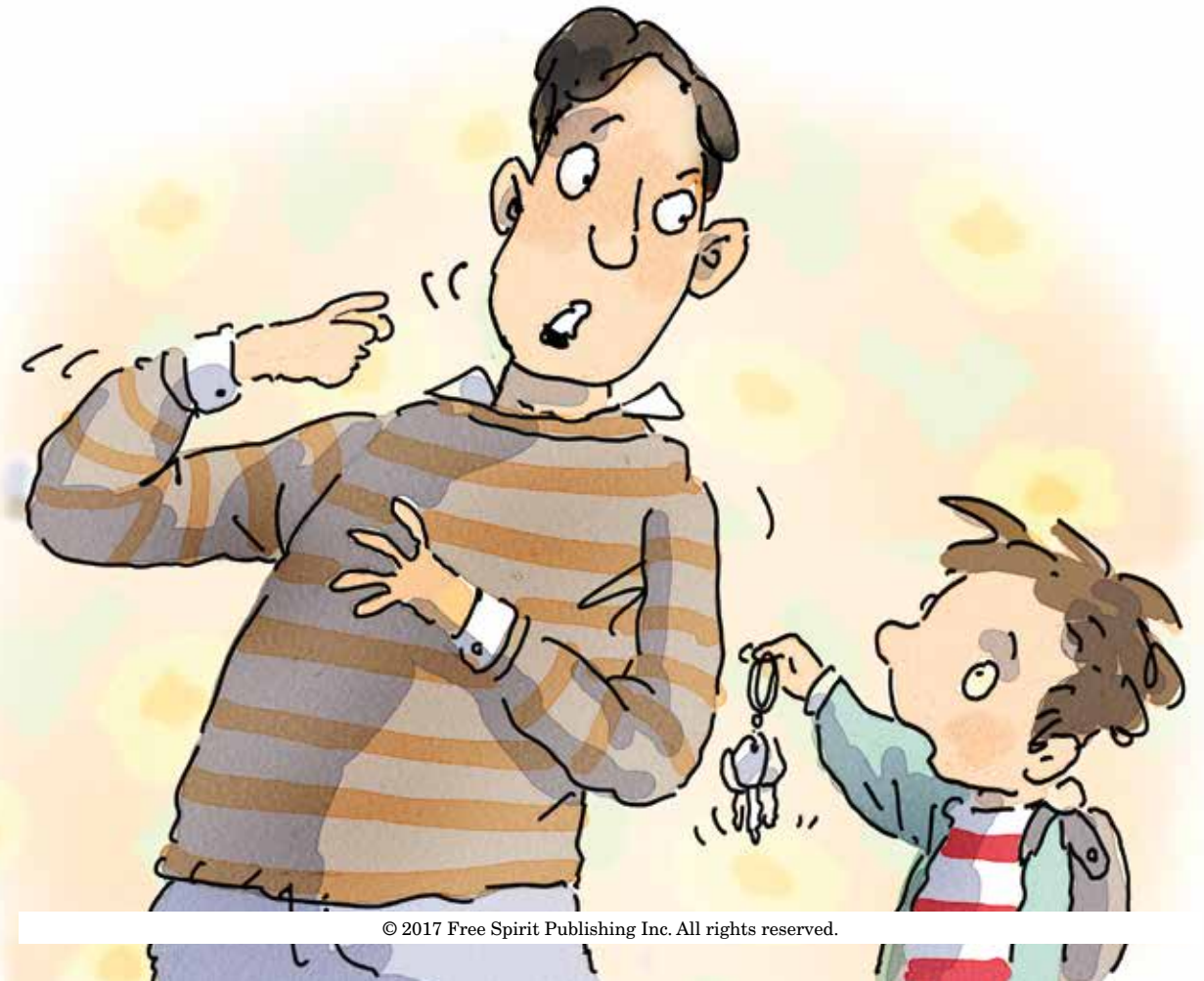


“You’re always telling me not to rush.
If you slow down, maybe that will help?”
suggested Harry.



“Look,” said Harry. “Your keys are here, too.” Harry’s dad smiled. “Thanks, Harry. It’s hard to stay calm when you’re in a rush. But now I’d really better get going! See you tonight.”

“Erm, right. Yes, I do say that,” Dad said, sheepishly. He stood still, let out a long sigh, and looked around. As he did so, he noticed his coat on the back of a chair. His bag was underneath his coat.



NOTES FOR PARENTS AND TEACHERS

The aim of this book is to help children think about their feelings in an enjoyable, interactive way. Encourage them to have fun pointing out details in the illustrations, making sound effects, and role playing. Here are more specific ideas for getting the most out of the book:

- ★ Encourage children to talk about their own feelings, if they feel comfortable doing so, either while you are reading the book or afterward. Here are a few conversation prompts to try:
 - When are some times you feel angry? Why?
 - How do you stop feeling angry at those times?
 - How do you feel when *other* people are angry?
 - This story shows lots of things that people might get angry about, such as difficult schoolwork, rules about bedtime, and not being able to find what you're looking for. What other things can cause us to feel angry? Why do you think different people get angry about different things?
- ★ Have children make face masks showing angry expressions. Ask them to explain how these faces show anger.



- ★ Put on a feelings play! Ask groups of children to act out the different scenarios in the book. They can use their face masks to show when they are angry in the play.
- ★ Have kids make colorful word clouds. They can start by writing the word *angry*, then add any related words they think of, such as *rage*, *annoyed*, or *upset*. Have children write their words using different colored pens, making the most important words the biggest and less important words smaller.
- ★ Invite children to talk about the physical sensations that anger can bring, and where in their bodies they feel anger. Then discuss ways we can calm down when we're angry. Together, practice taking deep breaths and counting to ten.
- ★ Red is a color that people often connect with anger. Sometimes people even say "I saw red" when they talk about feeling angry. Invite kids to draw red pictures about times when they felt angry. Now, have them draw pictures in another color showing how they dealt with their angry feelings.

For even more ideas to use with this series, download the free Everyday Feelings Leader's Guide at www.freespirit.com/leader.

Note: If a child is continually angry or acts out often due to anger, seek help from a counselor, psychologist, or other health specialist.

