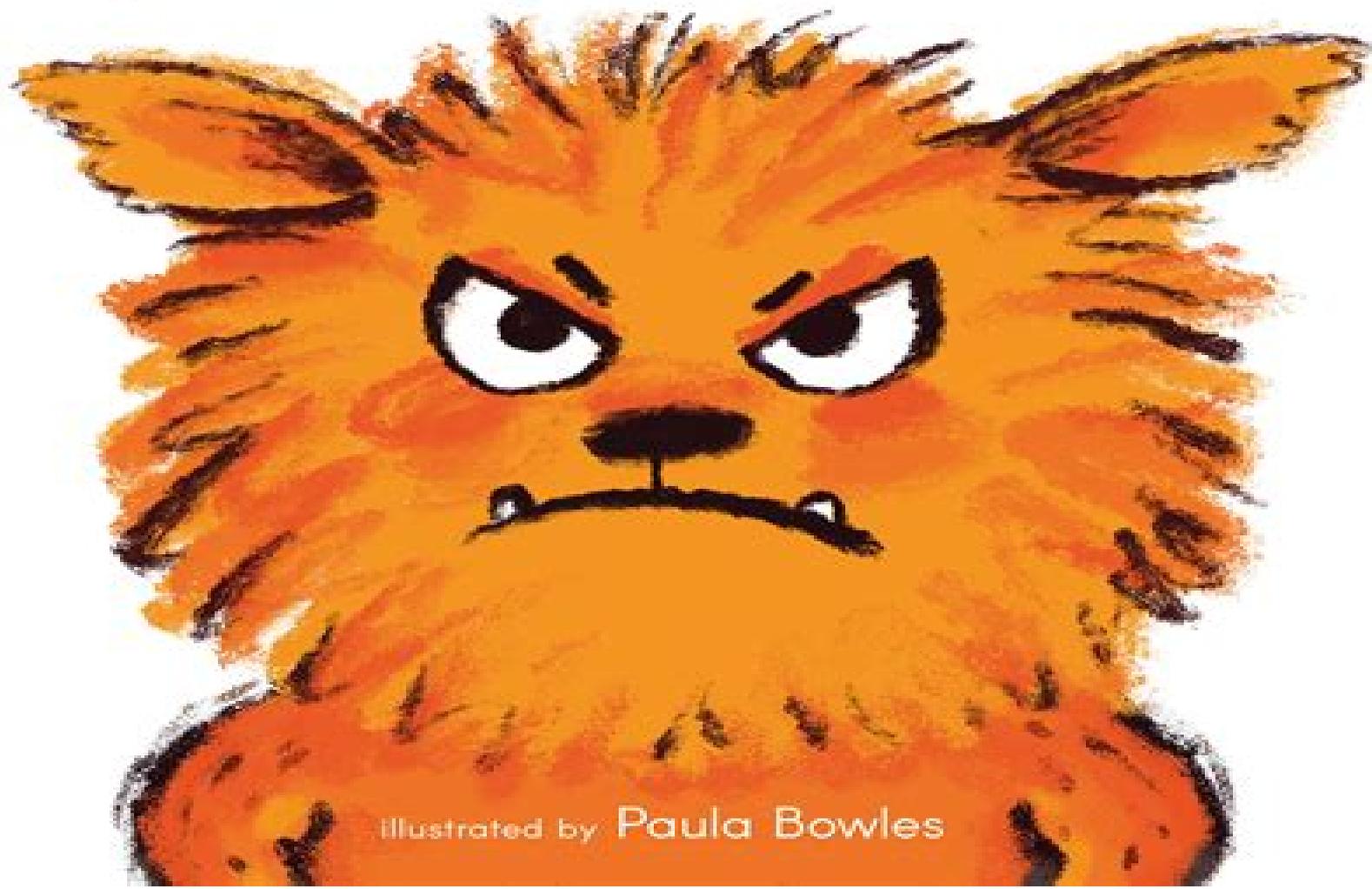


When I feel  
**ANGRY**



illustrated by Paula Bowles

# When I Feel Angry

**John Smith**



## **When I Feel Angry:**

**When I Feel Angry** Cornelia Maude Spelman,2000-01-01 Everyone feels angry sometimes but there are always ways to feel better Join a bunny rabbit and her family as she learns to manage angry feelings With a focus on identifying the causes of an emotional reaction and coming up with ways to start feeling calm and happy again this book explains simple strategies to help kids understand and take care of their emotions *What Should I Do when I Feel Angry?* Charlie Lumiere,2020-01-04

This book will encourage children to ask questions about the negative feelings they are experiencing It will allow them to be in touch with their own inner feelings and experiences It will also empower them to free themselves from the feelings that do not serve them The intention of this work is to offer a simple and effective method that sets children free from emotional attachment

**When I Feel Angry** Poppy O'Neill,2023-03-09 An interactive workbook for parents and children from the author of the bestselling titles Don't Worry Be Happy A Child's Guide to Overcoming Anxiety and You're a Star A Child's Guide to Self Esteem Does your child have frequent tantrums and outbursts Perhaps they find it hard to speak about their emotions Do they seem to get overwhelmed by stress and anxiety quickly These could all be signs that your child is struggling with angry moods This practical guide combines cognitive behavioural therapy and mindfulness methods with simple activities to help your child manage their anger and express their feelings in healthy ways It's aimed at children aged 7-11 because a lot happens in these years that can impact a child's emotional well-being not just now but for years to come Your child will be guided with the help of Rah a friendly and supportive character they can identify with through fun and engaging activities which are interspersed with useful tips inspirational statements and practical information for parents

*When I Feel Angry* Sharie Coombes,2021-10-05 When I feel really really really angry I want to be big and I want to be loud Developed in close consultation with expert child psychotherapist Dr Sharie Coombes *When I Feel Angry* makes an ideal tool to help children recognize understand and talk about their feelings more easily

**Sometimes I Feel Angry** Jaclyn Jaycox,2020 What does it mean to be angry Anger may not make us feel good but it's an emotion everybody has Children will learn how to identify when they are angry and ways to manage their feelings Large vivid photos help illustrate what anger looks like A mindfulness activity will give kids an opportunity to explore their feelings

**I Feel Angry** DK,2020-10-06 The flame character Anger is here to teach your little ones how to recognize this strong emotion and name their feelings This adorable book uses red mist and exploding balloons to show how it feels to be angry It explains what happens in the brain in uncomplicated terms perfect for young children Learn how anger affects the body like breathing harder and having a faster heartbeat This brightly illustrated board book is a gentle and simple introduction to strong emotions The Anger character evokes the feelings that small children have experienced but might not have the words for just yet Help them understand what these emotions are and that everyone feels them sometimes The book also includes tips and tricks to control anger which kids can practice whenever something upsets them The easy language makes for fun and educational reading time

This helps children with language vocabulary and talking about their emotions especially if they have difficulty expressing feelings Let the Anger character help your toddler answer difficult questions with simple explanations Why Do I Feel Angry Today This fantastic kids feelings guide includes Easy to understand descriptions of the key emotion Anger Easy to read text that encourages vocabulary building Beautiful illustrations that will engage preschoolers The little flame Anger from this delightful book has friends Look out for sunshine in I Feel Happy the raincloud in I Feel Sad the little star in I Feel Proud and all of them together in How Do I Feel

**When I Feel Angry** Amy Beattie,2019-05 It can be frustrating when things don't go our way whether we lost a game or had an argument with a friend This book teaches students how to put a finger on angering situations and learn positive coping skills to process this emotion Principles of social and emotional learning are illustrated with relatable situations and photographs providing an age appropriate guide to dealing with anger and frustration

**I Feel Angry** Aleks Harrison,2020-06-03 Here's the Perfect Book to Help Kids Ages 3-5 Manage Their Anger Your Children Will Learn How to Deal with Their Emotions in a Fun Way Are you looking for a book that will help your kids manage their emotions better pick up essential social skills and recognize anger in a healthy and positive way Anger is one of the most difficult emotions for children to manage More often than not a book is the best way if you want to teach kids how to handle their emotions and manage anger This book is a practical guide for parents who want their kids to have better emotional health Here's what you get in this book Effective strategies that will help your child regulate their emotions and manage anger in a healthy way A fun and an educational story with original drawings and creative design perfectly suited for toddlers Tips and tricks to teach children better anger management skills and emotional self regulation 3 anger management strategies to help parents prevent and manage their kids emotional outbursts AND SO MUCH MORE This fun picture book will become your best friend as you teach your kids emotion control and anger management So Scroll up Click on Buy Now and Get Your Copy

*When I Feel Angry* John Smith,2020-06-25 Anger is something we feel It exists for a reason and always deserves our respect and attention Anger is a signal and it's worth listening to Children often experience strong and sudden bursts of emotion Life is hard And it's even more difficult for children who are just trying to understand things Learning to manage their emotions in a healthy way is essential for their social development and for their well being Helping your child explore their emotions can seem like a huge challenge The book offers practical solutions for parents on how to calm and redirect their children's anger as well as how to help them integrate and manage this emotion This book will help millions of readers learn how to turn their anger into a constructive force to reshape their lives this book explains how children learn self control Offers Tips for improving self regulation

[How I Feel - Angry](#) Marcia Leonard,2000-04 This book helps children to recognise and identify their emotions and gives them a vocabulary to describe what they are feeling If children can name an emotion they are on their way to understanding it And when children can talk about what they are feeling their parents will be better able to help them Using a simple interactive format the book helps children to identify and

understand their silly behaviour and learn when and where it is appropriate Ages 2 to 6 Feeling Angry Mary Lindeen,2021-08 Everyone has times when they feel angry Knowing how to recognize when we feel angry is an important tool in self acceptance Learn ways in which we can understand ourselves and our friends in this nonfiction Beginning to Read book about feeling angry An early social and emotional learning book that includes reading activities and a word list

*When I Feel Angry* Julie Haydon,2013 *I Feel Angry* Marcia Leonard,2003 For ages baby to pre school This book is one of a series designed to help you and your child to talk about their feelings of anger Here are practical suggestions for dealing with those feelings Parents can use this little book as a way to help the child to control anger I Feel Angry Sarah Read,2020-08-19 Sometimes you lose your cool or hit the roof It s okay to feel angry Anger can even be a good thing Ways to help kids express their anger Find out what triggers the emotion Talk about helpful strategies for managing anger This was a great book I read it in my class Sometimes my students get angry but now when they have learned ways to control their anger Michelle Nice and easy to read to my 5 year old Rachel Love this book for my 3 year old to talk about his feelings Taylor A great book for kids who struggle with social emotional behaviors Vanessa This story is geared to kids ages 3 5 level 1 Perfect for boys girls preschool pre K and Kindergarten Excellent resource for counselors parents and teachers Purchase a paperback copy with COLORING PAGES Add this children s book to your cart now and enjoy **I Feel... Angry** D. J. Corchin,2020 Sometimes I feel something It s hard to explain It s not quite a feeling It s not quite a pain The things that I m feeling make no sense in my brain Sometimes our bodies send us signals that are hard to define and express What do we do when we feel hungry When our arms are tingly and uncomfortable When we have an itch With fun witty illustrations and simple straightforward text *I Feel Something* introduces kids to the concept of interoception the ability to understand the signals our body sends us This book makes it easier for kids to identify and express those bodily signals and have fun too Titles in this series includes *I Feel I Feel Something I Feel Allergic I Feel Lonely I Feel Angry I Feel Meh I Feel Awesome I Feel Sick I Feel Different I Feel Too* **I Feel Angry** Connor Stratton,2021-01-01 This title introduces young readers to anger Simple text lively photos and a photo glossary make this title the perfect introduction to feeling angry **When I Feel Angry** Lira Sakri,2024-09-19 Step into Zeus s world as he discovers big feelings and learns the power of understanding them In this tale Zeus faces a challenge that brings out roaring feelings of anger How will he transform this big emotion into a peaceful resolution A collection of simple stories for children about feelings recognising them and learning how to regulate through them I Feel Angry ,2020-05-21 The flame character Anger is here to teach your little ones how to recognise this strong emotion and name their feelings This adorable book uses red mist and exploding balloons to show how it feels to be cross It explains what happens in the brain in uncomplicated terms perfect for young children Learn how anger affects the body like breathing harder and having a faster heartbeat This brightly illustrated board book is a gentle and simple introduction to strong emotions The Anger character evokes the feelings that small children have experienced but might not

have the words for just yet Help them understand what these emotions are and that everyone feels them sometimes The book also includes tips and tricks to control anger which kids can practise whenever something upsets them The easy language makes for a fun and educational reading time This helps children with language vocabulary and talking about their emotions especially if they have difficulty expressing feelings Let the Anger character help your toddler answer difficult questions with simple explanations Why Do I Feel Angry Today This fantastic children s feelings guide includes Easy to understand descriptions of the key emotion Anger Easy to read text that encourages vocabulary building Beautiful illustrations that will engage pre schoolers The little flame Anger from this delightful book has friends Look out for sunshine in I Feel Happy the raincloud in I Feel Sad the little star in I Feel Proud and all of them together in How Am I Feeling *Today, I Feel Angry* Amy West, 2022-11-15 Discover powerful coping strategies that help kids process and manage their anxiety It s okay to feel scared But don t let your worrybug stop you from being the best you Today I Feel Anxious empowers kids to use healthy coping strategies to identify their little spot of anxiety and stop it from becoming a block to their success Through powerful step by step techniques kids will learn that they are stronger than anxiety and eliminate their worries Unlock a new superpower inside of you to conquer any challenge or fear You are strong like a superhero You are able to conquer any fear or challenge that comes your way When you start to worry remember to focus on the power that lies within you In this social emotional learning book for kids children will learn to manage their big emotions and find how they can create more mindful moments to de escalate their anxiety Written by a children s psychologist to help kids express their emotions in a healthy way Dr Amy West is a clinical psychologist that works with children to help them manage their emotional well being She has a passion for teaching kids the coping strategies and skills they need to express their emotions This helps empower kids to build a healthier relationship with themselves and others Collect other books by Dr Amy West Dr Amy West is on a mission to help children reach their full potential by giving them the practical tools and lessons they need to process and express their emotions in a healthy way She has helped thousands of children boost confidence and self esteem with other books like Today I Feel Angry and Today I Feel Sad **The Star Inside** Bonnie Kelso, 2017-09-28 I created The Star Inside When I Feel Angry to provide my own children with an outlet for their difficult emotions It is a mindful approach to helping children explore feelings of anger through creative expression The pages are designed to be colored on creating an interactive and therapeutic experience especially for young children even though teenagers and adults seem to enjoy this book as well Expressing emotions through mark making has a transformative effect when managing anger I hope it will benefit you and your family as much as it has helped me and mine With love Bonnie Kelso

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### **When I Feel Angry Introduction**

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