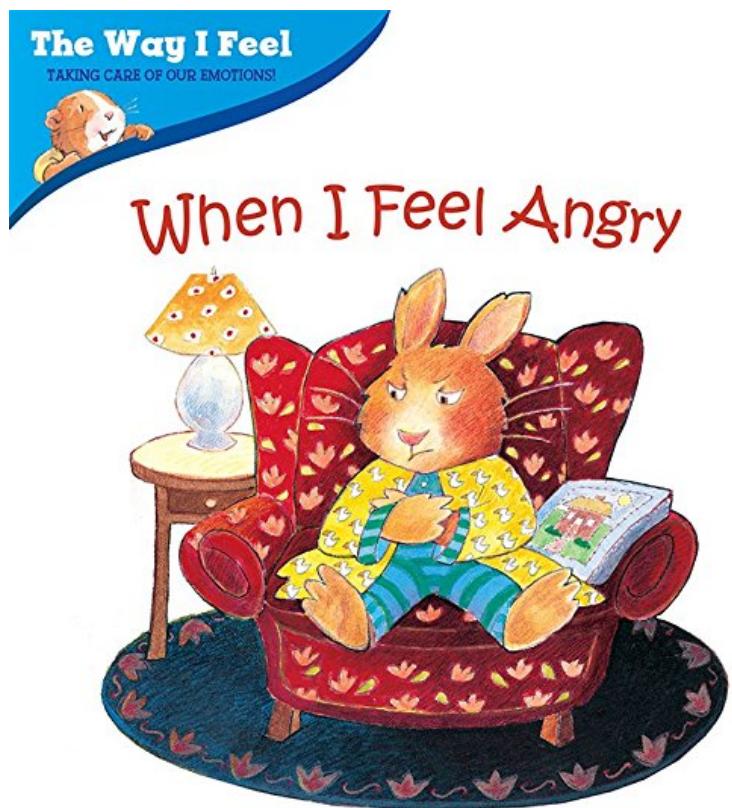


The book was found

# When I Feel Angry (The Way I Feel Books)



WRITTEN BY Cornelia Maude Spelman

ILLUSTRATED BY Nancy Cote



## Customer Reviews

really liked this book. it gives tangible solutions for when your little ones are angry. describes anger very well and in kid friendly terms. we have implemented their recommendations and it is working on our toddler tantrums

This book has given my almost three year old daughter many different techniques for working through the big feelings of being angry or upset about something. Deep breathing, playing by yourself, sitting and having some quiet, going for a walk; all are options presented by this book. I enjoy the art and the rabbit characters are relate-able and their emotions easy to decipher from the illustrations. I would recommend this book to anyone who has a young child in their life because it helps kids cope with their feelings in constructive ways that become second nature when read to the child often enough.

I like the examples the book gives on situations that anger kids and different ways to cope in a healthy way.

Great book for preschoolers.

This book is beautifully drawn and beautifully written. It has been very helpful for our family!

This is possibly a good book, illustrations are interesting and funny, text covers important issues re anger. However, after reading once, my 3-year old refuses to read it ever again. Perhaps topic of anger is sensitive...or I suspect he did not like the depiction of angry rabbit with the lightening in the background. I agree with another reviewer that instances depicted as making rabbit angry maybe for older children not 3-year old. I found it difficult and unnecessary to translate /explain that our thoughts and deeds are not the same...I think my son lost me on this one. My son gets angry when he does not like what someone else says or if someone does things differently than he would...these simple issues where not covered.>>>a year later, my son (almost 4) likes to read this book, he realized it gives him strategies and ideas as to how to deal with his anger. I just changed some of the stories with similar but more related to his experiences. Overall, book accomplished its purpose.

I bought this for my 4 year old to help facilitate discussion about appropriate ways to handle anger

and it's really helped. I love that this book goes through triggers (hurt feelings, disappointment, frustration), the things you want to do when you're angry (yell, hit, say something mean), and then gives good alternatives (leave the situation, deep breaths and blow them out, exercise, doing something fun, rest, cry, time alone, ask for help, talking and listening). It's a very cute book and I think my son could really relate and has gotten better about talking about his feelings instead of just throwing tantrums. It's also helped me to remind him in the moment of better ways to handle his feelings. Sometimes it is so apparent how overwhelming feelings can be at this age and it's nice to feel like I have something to offer him to help him deal with them.

This book is great for the times my kids feel scared and it is a reminder of what to do and how to handle it - from a kid's perspective.

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