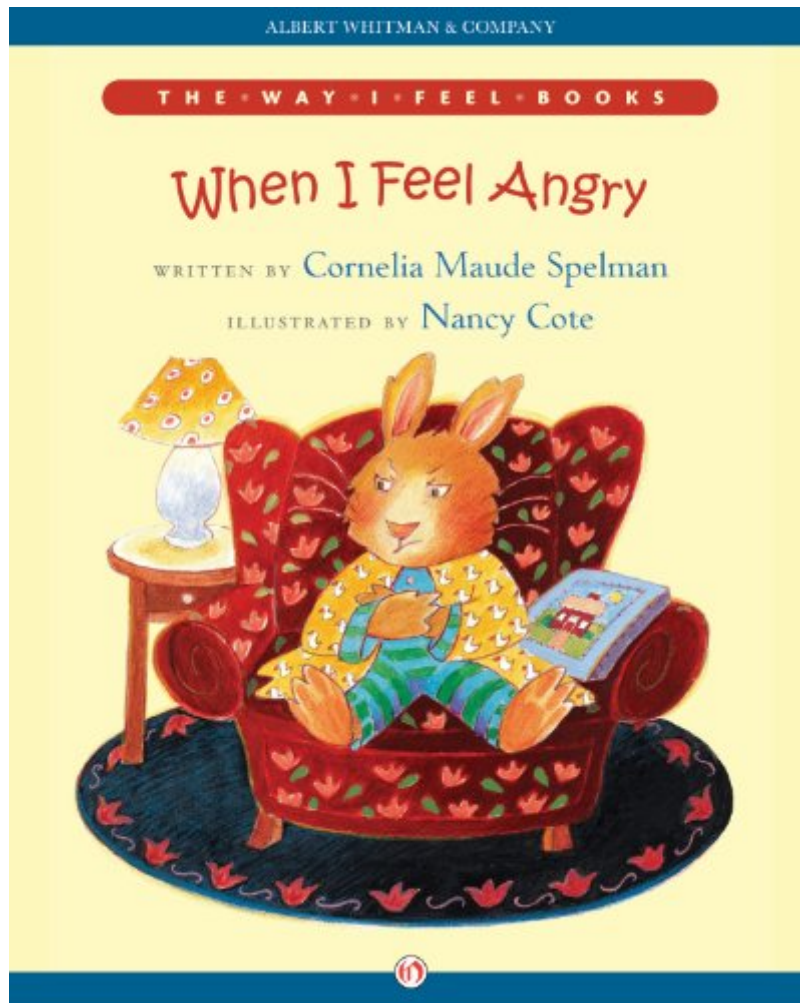


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# When I Feel Angry (The Way I Feel Books)



## Synopsis

Anger is a scary emotion for young children, their parents, and caregivers. As this little bunny experiences the things that make her angry, she also learns ways to deal with her angerâways that wonât hurt others. This is a fixed-format ebook, which preserves the design and layout of the original print book.

## Book Information

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## Customer Reviews

Not only is this a great book for older toddlers and preschoolers, but also it is a great reminder for grownups. My (almost) three year old and I read this together to help us BOTH remember how to behave when we get angry. Any parent of a toddler or preschooler knows that frustrating feeling when your little one does things only they can understand (like color on the walls with marker, dump EVERYTHING out of all of the drawers in their dresser, etc.). This book is a nice reminder to take deep breaths or take a grownup time out instead of yelling. What a wonderful opportunity for discussion, too. I highly recommend this book!!

This book discusses anger, its causes, how it feels, and most importantly, healthy options for dealing with it. Anger can be overwhelming and frightening for anyone, and even more so for young ones with little experience regulating their emotions. This book is empathetic "When I feel angry I want to say something mean, or yell or hit. But feeling like I want to is not the same as doing it." One of my favorite elements of this book is that it gives many options for dealing with anger, from counting to bike riding to walking away, and from being assertive to taking a nap, and from handling the problem independently to asking for help. I work in a classroom full of 3, 4 and 5 year olds, and kids sometimes call each other names, often grab things from one another and often would rather keep playing when the "clean-up" signal is given. This book is relevant to preschoolers. The last sentence I wish was a mantra for us all. "When I feel angry, I know what to do!"

This book is very helpful in teaching kids about anger. It is a nice discussion to have with young kids. They often feel relieved that someone is willing to talk to about it especially if they have anger problems.

She loves the "When I Feel" series - These are the only books she picks out of the plethora of books to choose from. When I read to her and turn pages, she will have me stop at a particular page (when they lose something valuable to them), she says, "Oh, kiss" - gives a kiss then "big hug" - leans her body towards the character pretending to hug him. Very cute (hard to explain via text). She actively tries to console me when I pretend to be sad as a result of reading this book.

I frequently enjoy reading children's stories when the world seems too confusing or scary. I enjoy remembering how I learned so many things that seemed puzzling or scary, but now are so easy that I hardly think about what I am doing when I do them. I hoped that this story would be like that, but it was not. It is not much of a story. It was more like a little kid repeating what his or her parents told the little kid was the right thing to say or do. Some of the pictures were okay for talking to a kid about how do you feel when this happens and what do you want to do. And what else could you do. And do you think that would work better for you? All the good questions that parents try to remember when they want to help children figure out what they can do, when something happens that make them sad or scared or angry. So with an imaginative parent it could be a helpful book. But as a story it really does not work.

I loved this book. The way the rabbit character looks when she is angry is just the way I feel sometimes. I think this is a very helpful book for when you are feeling upset. It gives good ideas to make you feel better.

We just purchased quite a few of the "When I Feel" series. I wish I knew about them sooner. My 3.5yr old seems slightly too old for the repetition in this book and he gets bored of it. However, he's getting the right message and he has been practicing the solutions in the book. I just wish we would have started it a year ago when he first started expressing the feelings covered in the book. Basically, the book covers "I feel angry when...." "When I feel angry, it feels like..." "These are the things I can do when I feel angry so I don't feel angry anymore". It's a great book! But I would recommend starting around age 2.

First, I have to confess that I had different expectations about this book (I thought it may be about other feelings too, but it's only about anger). The examples seemed poorly chosen for my 3-year old, who, for instance, does not really know what it means for somebody to make fun of him or why the teacher may unfairly berate him for talking in class. The idea of teaching kids that sometimes we cannot control the situation that angers us is good, but again, the example (I think one in which a favorite team loses a game) wasn't great. In general, the text was abstract and the illustration carried the burden of exemplifying what the text described...May be more appropriate for an older child.

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