

THE * WAY * I * FEEL * BOOKS

When I Feel Angry

WRITTEN BY Cornelia Maude Spelman

ILLUSTRATED BY Nancy Cote



For Will Grieder, with love. — C. M. S.
In memory of Casey, the cutest and best pup ever. — N. C.



Books by Cornelia Maude Spelman

After Charlotte's Mom Died ~ Mama and Daddy Bear's Divorce ~ Your Body Belongs to You

The Way I Feel Books:

When I Care about Others ~ When I Feel Angry ~ When I Feel Good about Myself
When I Feel Sad ~ When I Feel Scared ~ When I Feel Jealous

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and the different ways she can control her anger.

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* Note to Parents *

Everybody feels angry sometimes. While we can't avoid the **feeling** of anger, we can prevent **acting** in angry ways that hurt others. The distinction between feeling an emotion and acting upon it is important. Helping our children make this distinction and helping them manage their anger without hurting others are among our most important tasks.

We need to teach our children ways to manage uncomfortable and unpleasant feelings. Some ways to manage anger are outlined in this book; you and your children may find others that work for you. Praise and encouragement when your children are successful at recognizing and managing their emotions will reinforce their comfort and feelings of competence.

No matter what we say, children learn most by our example. So we must know how to manage our own angry feelings. Many of us were not helped to do this. Perhaps we learned that expressing our feelings, even our most negative ones, was all that was necessary. Now it's known, however, that simply expressing anger without knowing how to reduce and resolve it can lead to its escalation and to violence in words and deeds.

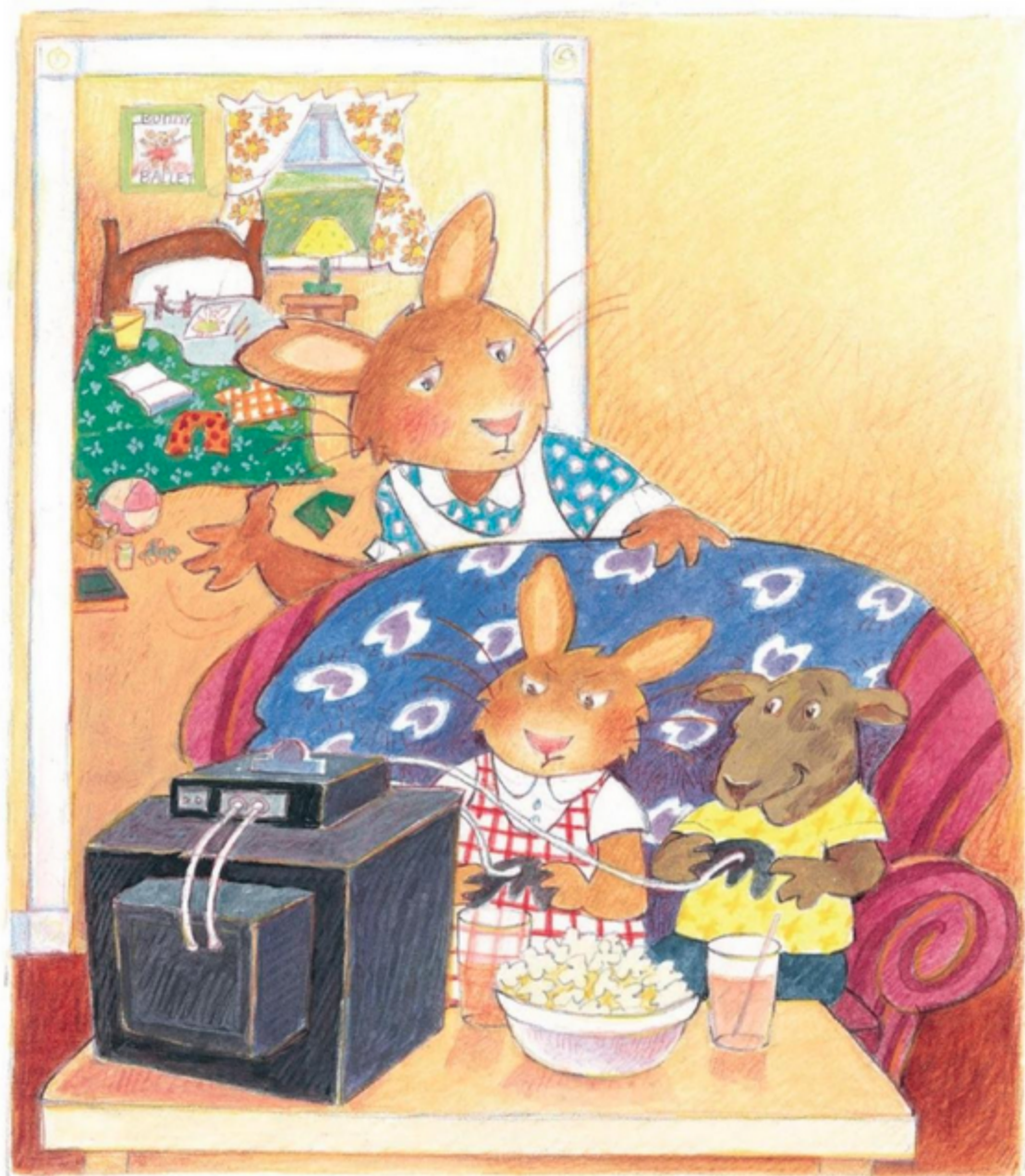
When we adults fail to control our own anger and speak or act in hurtful ways, we should apologize and set a better example the next time. In this way we show that we mean what we say. We demonstrate that we value resolving conflicts in ways that do not hurt others, and we and our children increase the possibility of a more peaceful world.

— Cornelia Maude Spelman, A.C.S.W., L.C.S.W.





When somebody makes fun of me,
I feel angry.



I feel angry when I have to stop a game at the best part and Clean up my room,