

What to Do  
When Your

# TEMPER FLARES

A Kid's  
Guide to  
Overcoming  
Problems  
with Anger

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# In the Driver's Seat

**H**ave you ever driven a car?

If your answer is yes, let's hope you're talking about a bumper car at an amusement park, or a battery-run car in your driveway, or one of those remote control vehicles that race around the floor of your house. When you're older, you'll learn to drive a real car.

- ⑤ Draw yourself driving your dream car, one that you hope to own someday.



Driving is fun. You get to decide where to go, and you're in charge of getting there.

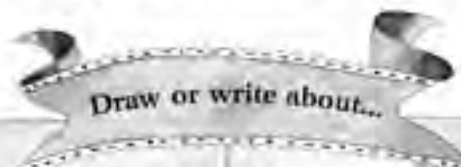
It's also hard work. You have to pay attention all the time. You have to steer. You have to turn just the right amount, not too much or too little. You have to speed up, but not too fast. You have to avoid all the other cars around you. You have to follow the rules. It's easy to lose control and then **CRASH!**



It's fun to crash a bumper car. That's what they're made for anyway. And it's fun to crash a remote control car, especially the kind that's designed to climb walls and flip over.

But in a real car, it isn't fun to crash. It's scary and dangerous and can lead to bad things. That's why people need to take lessons before they drive a real car. And one of the main things you learn when you take driving lessons is to stay in control of the car.

Our bodies are kind of like cars. We need fuel to run well. We need to be kept clean. We need to get checkups every once in a while. And we need to follow rules that help keep everyone safe.



...a kind of "fuel" you enjoy.



... something you use to keep yourself clean.



Draw or write about...

...a tool that gets used when you have a checkup.



...a safety rule you have to follow.



When you're driving, sometimes there are no other cars on the road, and the road is straight, and you know exactly where you're going. All of these things make it easy to follow the rules and stay in control of the car.

But sometimes the road is crowded or bumpy or full of turns. Sometimes you're in a hurry or tired or lost. Sometimes it's windy or foggy or so dark you can hardly see, even with your lights on.



Good drivers know that under all of these conditions, even if they're in a bad mood or their phone is ringing or kids are arguing, even if other cars are driving too close or cutting them off, even if it's snowing or raining, no matter what, they still need to stay in control of the car. Otherwise, there could be a disaster.

You have a few years to go before you get behind the wheel of a real car, but you can still learn how to be a good driver.

You can practice on yourself.

That's right, you get to be in the driver's seat of your own life, right now, starting today.



Sometimes it's easy to be in control of yourself, and it's fun, too. You can decide how loud to sing or how high to jump or what book to take out of the library. But sometimes it isn't fun. Sometimes there are rules you don't want to follow. Sometimes you want something but you can't have it. Sometimes people do things you don't want them to do, and say things you don't want them to say.



Yet you are still the driver, not in charge of other people, but in charge of steering and controlling yourself. And just like the driver of a real car, the things you do and the choices you make determine what kind of trip you're going to have.

Maybe your trip has been rocky, making it difficult for you to stay in control. Maybe you're a kid who gets overheated when things go wrong, a kid who tries to cool down but ends up exploding instead. Well, guess what? You don't have to be that kind of kid much longer.

If you're a kid who's ready to learn to be the driver in your own life, to control yourself even when it's hard, this book is for you. It will teach you how to avoid crashes and get where you want to go.