



*The Find Out Files*

my

anger



DISCOVER MORE  
ABOUT YOURSELF  
WITH THE  
FIND OUT FILES!

ISABELLE FILLIOZAT \* VIRGINIE LIMOUSIN \* ÉRIC VEILLÉ



★ ★ TEXT ISABELLE FILLIOZAT & VIRGINIE LIMOUSIN

★ ★ ILLUSTRATION ÉRIC VEILLÉ

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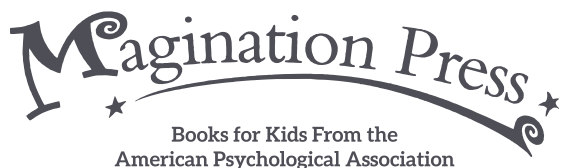
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anger



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Edition originale: LES CAHIERS FILLIOZAT – Colère et retour au calme

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English translation by Adrien Fried  
Printed by Worzalla, Stevens Point, WI

#### Library of Congress Cataloging-in-Publication Data

Names: Filliozat, Isabelle, author. | Limousin, Virginie, author. | Veillé, Éric, 1976- illustrator.

Title: My anger / text. Isabelle Filliozat & Virginie Limousin; illustration Eric Veille.

Other titles: Colère et retour au calme. English

Description: Washington, DC: Magination Press, [2020] | Series: The find out files | Summary: "An interactive workbook for kids on learning how to manage and express anger effectively and safely so that it can be a positive emotion"—Provided by publisher.

Identifiers: LCCN 2019049979 | ISBN 9781433832451 (paperback)

Subjects: LCSH: Anger in children—Juvenile literature. | Anger—Juvenile literature. | Calmness—Juvenile literature.

Classification: LCC BF723.A4 .F5513 2020 | DDC 155.4/1247—dc23

LC record available at <https://lcn.loc.gov/2019049979>

Manufactured in the United States of America

10 9 8 7 6 5 4 3 2 1

# Read this first!

**Hello!** I am Parrot. It's nice to meet you. I'll pop up throughout this book and guide you on your journey. Now, you might be wondering many things! Let's see if I can answer your questions.

## **What is this book about?**

This book is about anger and calming down, as you may have guessed from the title. Anger is an emotion you feel that can impact your mind and body. Everyone gets angry. Sometimes anger can be difficult to manage and can make it hard to do everyday things. Here's the catch: anger isn't always bad! Sometimes it helps you figure out solutions to problems or tell someone to stop doing something that makes you uncomfortable. Pretty nifty, right? This book has lots of fun activities to help you understand, manage, and express your anger.

## **Activities? What kind? How do I use them?**

Art pages, crafts, quizzes, and stickers are just some of the awesome activities in this book. Each activity includes instructions so you know what to do. Feel free to go in order or jump around based on what you need to work on with your anger.

## **What will I learn?**

Anger tells you, "Something isn't right!" It's one of your tools for navigating the world. Sometimes anger can be overwhelming. This book will show you helpful skills for understanding your anger and being calm. These skills can help you (and the people around you!) understand anger better. You might find that some activities are more helpful for you than others. That's totally fine, and you should figure out what works best for you.

## **What's next?**

Well, you can think of this book like a workbook. You can read it with a grown-up or by yourself. There's a guide for your grown-up at the back of the book. You can go through the book as slowly or as quickly as you'd like.

**Ready?**

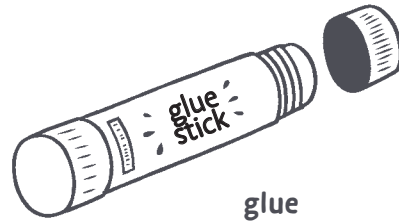
**LET'S GO!**





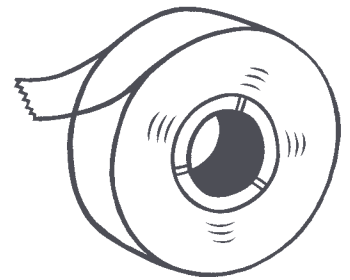


scissors

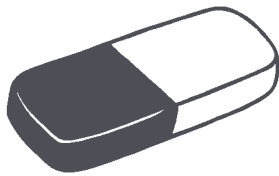


glue

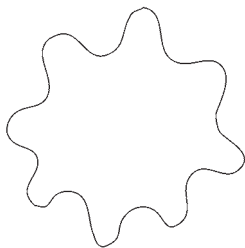
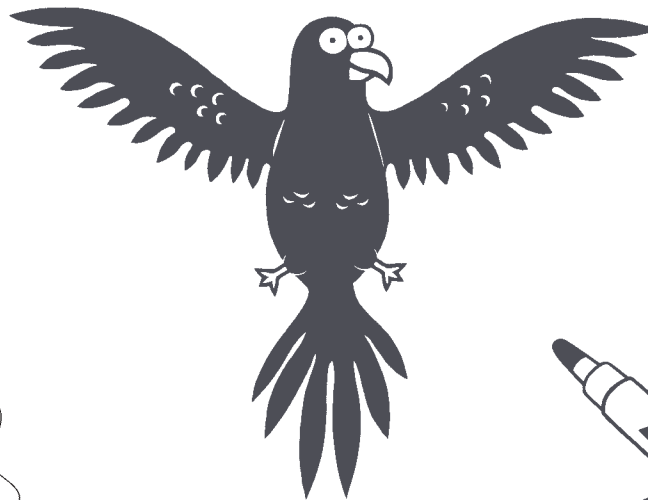
To use this activity book,  
you will need a few things:



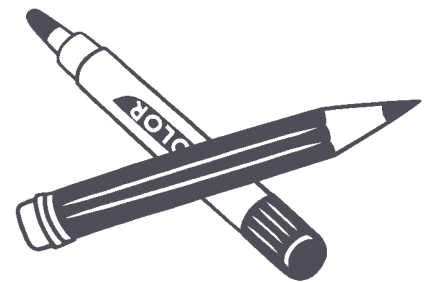
tape



eraser

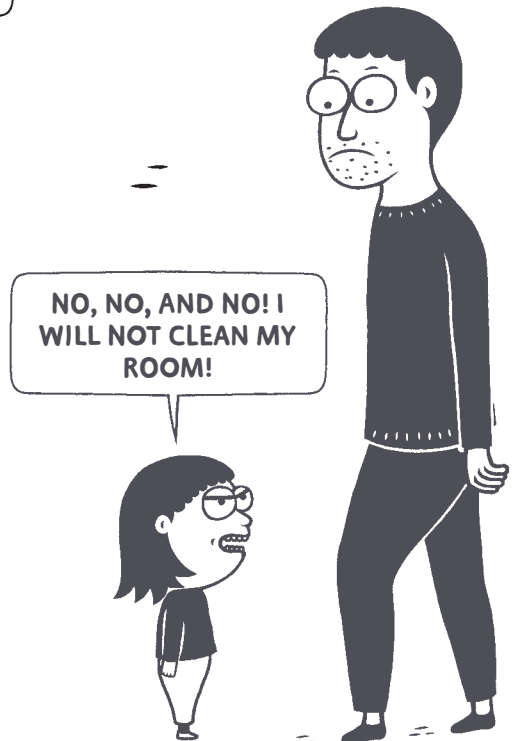
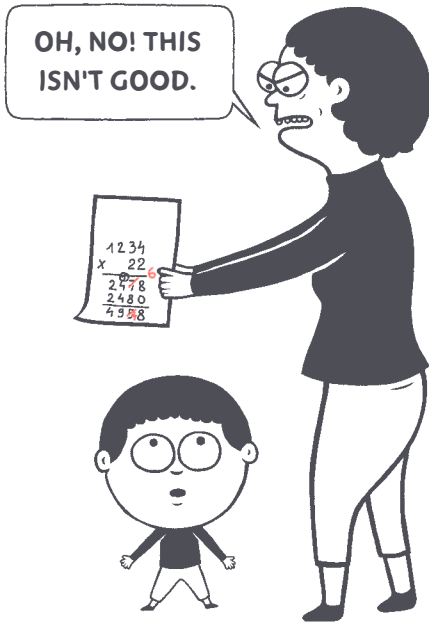


You'll also need the stickers  
at the end of the book.

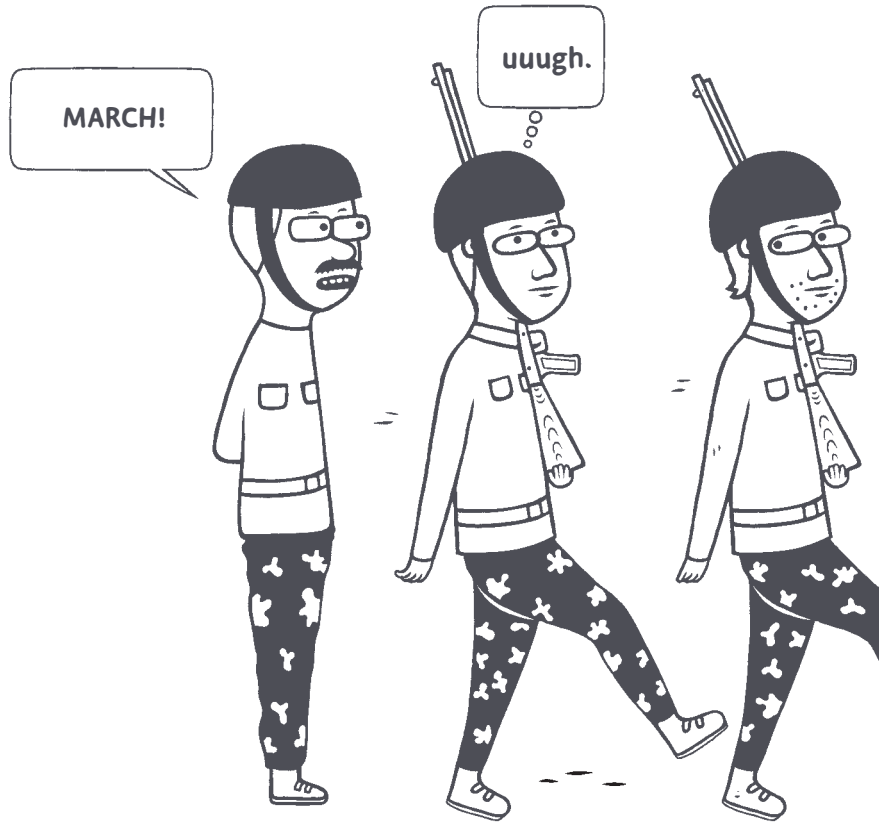


markers, crayons,  
or pencils

It seems like everyone is angry, frustrated, or upset!







Draw a storm, stick lightning bolt stickers around, and color with a lot of black.

What emotion might this storm represent?

