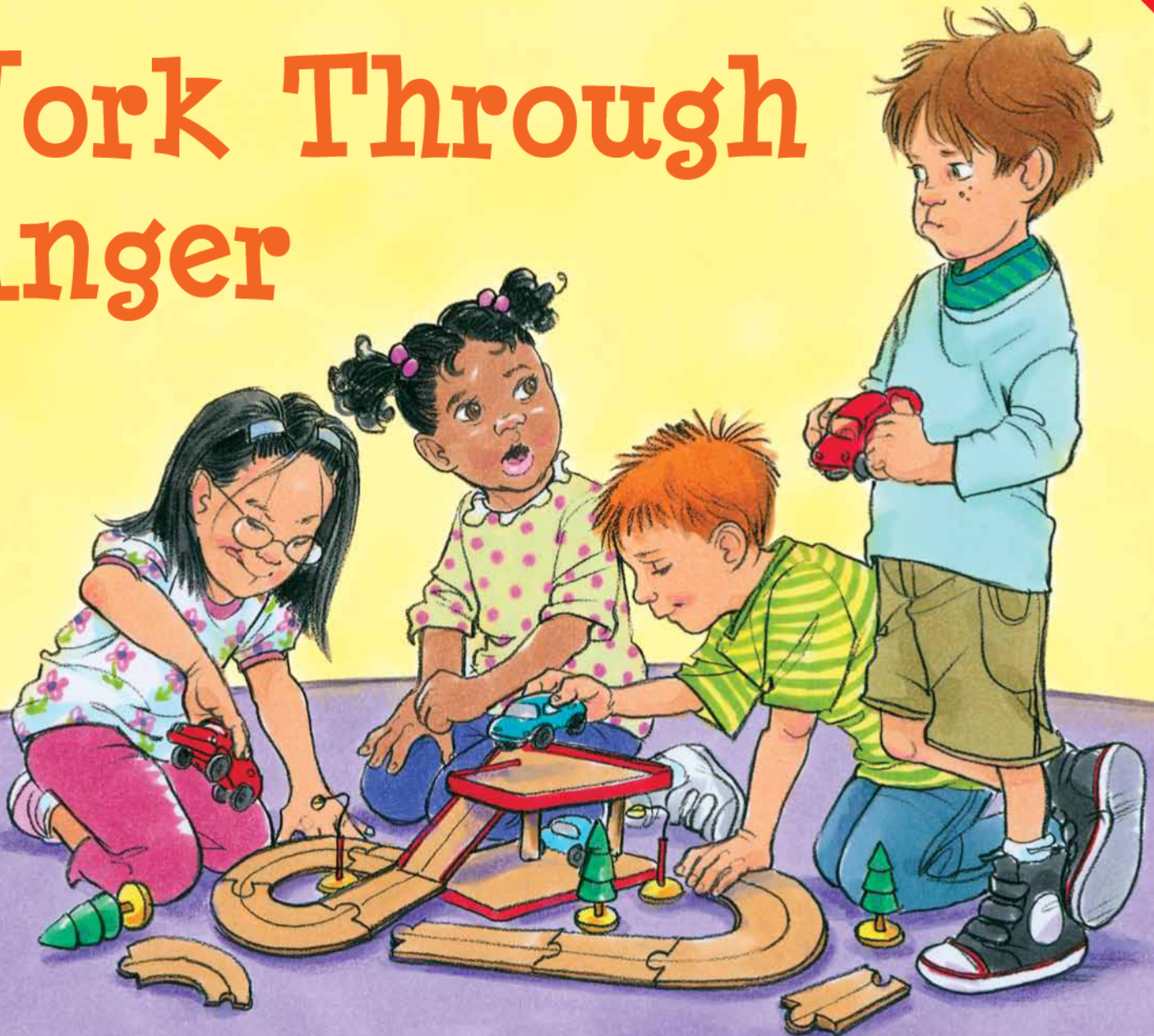


Includes Activity
Guide for Adults!



Cool Down and Work Through Anger



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PUBLISHING®

Cheri J. Meiners, M.Ed.

“A delightful addition to the series. I particularly like the focus on what kids *can* do to handle their anger more constructively, rather than focusing on what *not* to do. . . . Will appeal to kids as well as those who work with them.”

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“Excellent. . . Very helpful strategies for helping children deal with anger.”

—Marian Marion, Ph.D., professor, Early Childhood Education, Governors State University



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Cheri J. Meiners, M.Ed.

Illustrated by Meredith Johnson

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Dedication

To my grandson Jacob:

May you learn to
express yourself
in calm,
respectful
ways.

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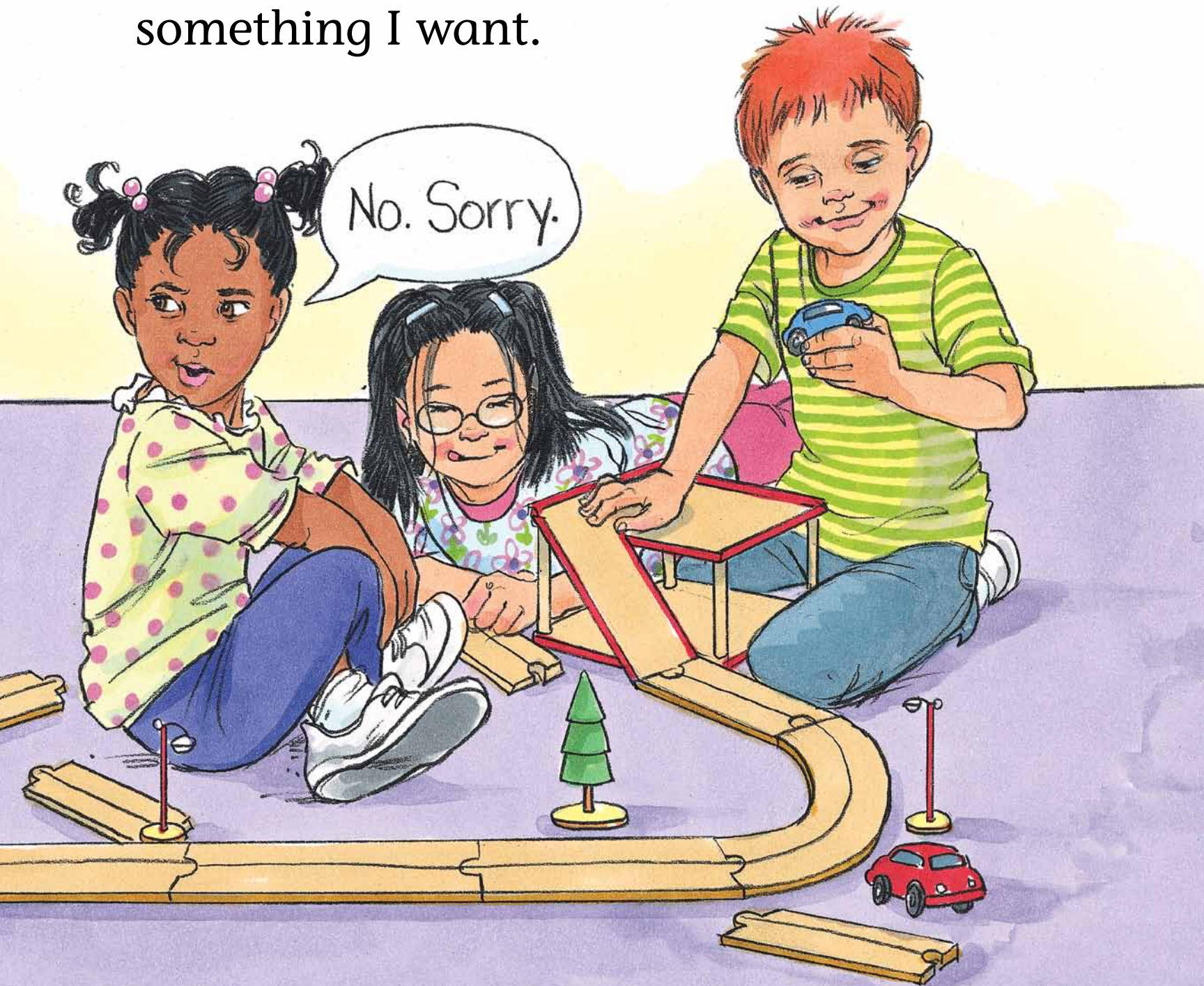
I like to feel in charge of some things.



I might feel sad or frustrated
when things don't go my way,



or when I can't have or do
something I want.



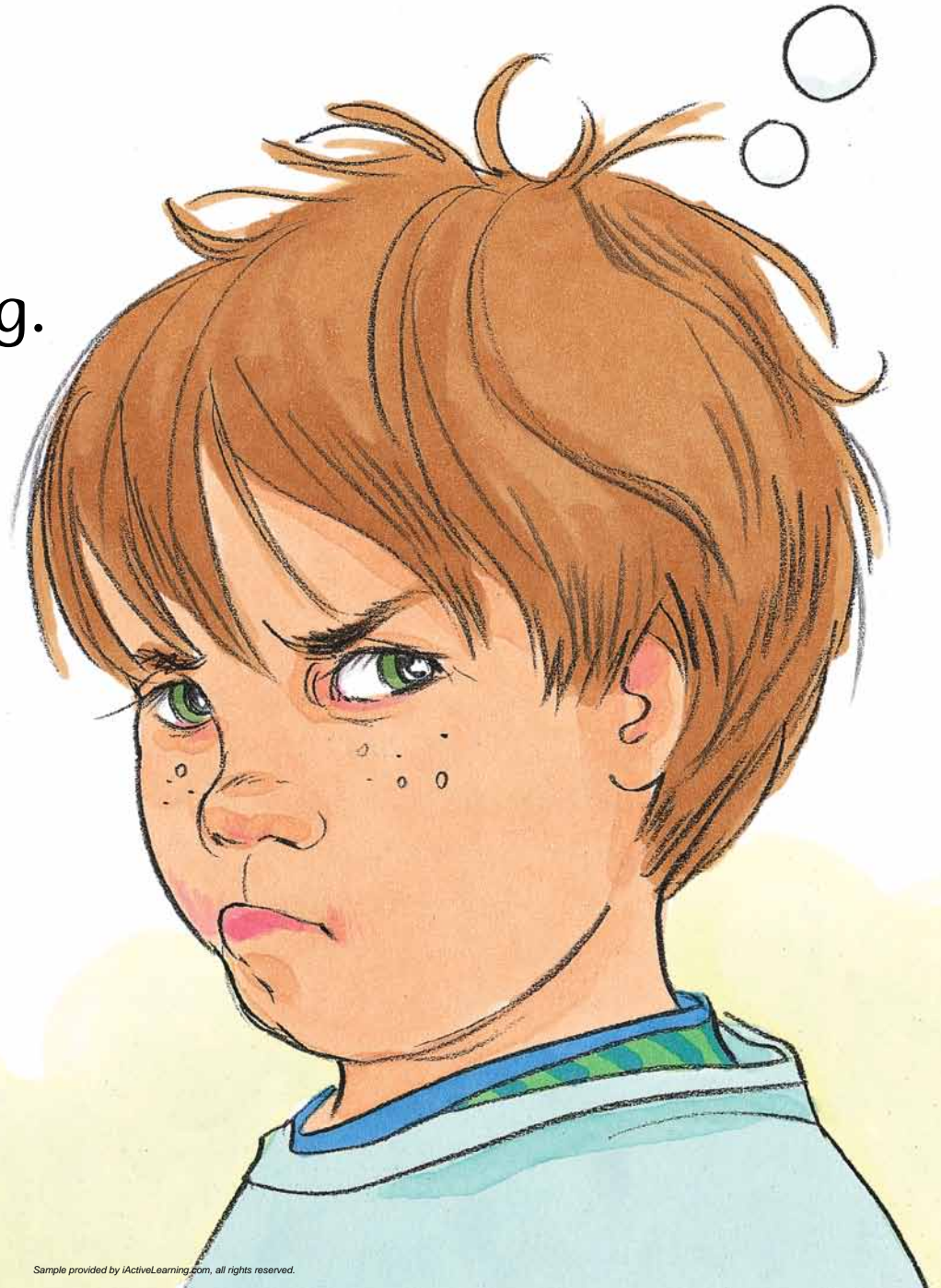
Or I might feel hurt
if someone doesn't show respect.





I may feel angry, too.

I might have
a hot face,
tense muscles,
a fast heartbeat,
or loud breathing.



Sometimes I feel like exploding—
with my hands, feet, or mouth!

