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Being Angry

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Editor's Choice:

off

Media type:

Book

BfK Rating:

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This book is the latest addition to a useful series on helping children understand their emotions. Anger is explained; then we learn about the difference between being angry with other people and being angry with ourselves. How does anger make one feel ? upset, lonely, out of control? Sometimes anger can be a way of hiding other feelings ? problems with being bullied, or having to move house, or of being abused.

Of course there will be times when other people, parents for instance, are angry with us. How do we cope with that? When is it important to say ?sorry?? We can deal with anger by talking about it, by writing it down, or by painting a picture. There is a list of addresses and phone numbers at the end of the book, and another of websites. Further reading and an index are also included. Photos, cartoons and large print make the information clear.

Running Order:

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