The Big, Angry Roar

Carly Atchley

Follow this and additional works at: https://scholarsarchive.byu.edu/cbmr

BYU ScholarsArchive Citation

Available at: https://scholarsarchive.byu.edu/cbmr/vol40/iss3/166
Zebras stamp and stomp when they’re angry. Hippos splatter and splash, and elephants trumpet. But what can a lion cub do when he’s so angry he feels he could burst? Cub gets in trouble when he fights with his sister and, looking to blow off steam, talks to different animals to try and discover what will make him feel better. Stomping just hurts his feet, and splashing makes him wet and smelly. He’s so mad at this point that he lets out a huge, angry ROAR—and causes a stampede. Cub is embarrassed and worried about the mess he’s caused, but finally Baboon shows him that everyone gets angry, and he just needs to learn how to let the anger out. Cub takes deep breaths, makes silly faces, and apologizes to his family, finally feeling like himself again.

The Big, Angry Roar is beautifully and colorfully illustrated with animals children recognize and a character they can relate to—who hasn’t gotten into trouble for fighting with their sibling? More importantly, the story teaches kids that they won’t feel better by stomping, yelling, or hurting other people. Instead, there are healthier ways to make yourself feel better, like taking a deep breath, counting to ten, or making a silly face. The book is not a comprehensive list of ways that children can let off steam, and many important anger-management strategies are left out, but it can be used as a first step to help kids recognize that there are healthy ways to deal with anger, and to start finding the individual coping skills that will work for them. And best of all, the book ends with Cub apologizing to his family, teaching an important lesson for children to say sorry when they’ve made a mistake.