Feelings Matter: Feeling Angry

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Anger is a common feeling that is important for kids to understand. This interactive book takes readers through familiar scenarios.

This is a short book for young children that describes simply some of the things that can make us angry, and how to handle that anger when it comes. Because this is an interactive book with questions on some of the pages asking kids why it’s not okay to hit or what strategies they can use to calm down, this is probably best used with an adult (parent, teacher) who can discuss these questions while reading. It is not a comprehensive list of coping strategies to use with anger management, but is a simple starting point to teach younger children when they might be feeling angry and what they can do about it.