



2019

The Wolf Who Learned Self-Control

Ariel Woodbury

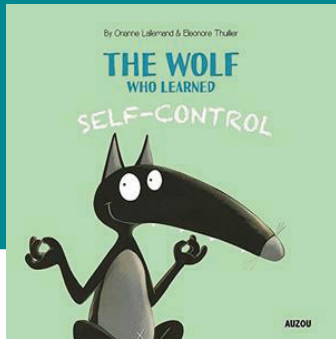
Follow this and additional works at: <https://scholarsarchive.byu.edu/cbmr>

BYU ScholarsArchive Citation

Woodbury, Ariel (2019) "The Wolf Who Learned Self-Control," *Children's Book and Media Review*. Vol. 40: Iss. 8, Article 20.

Available at: <https://scholarsarchive.byu.edu/cbmr/vol40/iss8/20>

This Book Review is brought to you for free and open access by the Journals at BYU ScholarsArchive. It has been accepted for inclusion in Children's Book and Media Review by an authorized editor of BYU ScholarsArchive. For more information, please contact ellen_amatangelo@byu.edu.



Book Review

The Wolf Who Learned Self-Control

Author

Oriane Lallemand

Illustrator

Eleonore Thuillier

Reviewer

Ariel Woodbury

.....

Rating

Dependable

Level

Primary

.....

Pages

32

Year

2018

ISBN

9782733861479

Publisher

Auzou Books

Wolf's emotions are out of control! He jumps around from happy to sad to angry and back in a minute. His wild emotions are scaring his friends, so they try to teach him how to control his emotions. Joshua teaches Wolf how to take deep breaths and to do some yoga. Alfred teaches Wolf how to blow off steam by exercising. Miss Yeti teaches Wolf that when our emotions get out of control, we can always apologize. Finally, Alex teaches Wolf to slow down and be intentional.

The Wolf Who Learned Self-Control is a good primer for emotional awareness and self-soothing for children. However, it will require additional support and explanation from the parent. The only technique that the characters apply is deep breathing and yoga. Children may have a hard time even recognizing why the other lessons are included when the application is not obvious. There is a lot of great emotional vocabulary in the book, conveniently bolded in the text, that may be even more useful in expanding your child's emotional intelligence than the actual lessons the author is trying to teach.