

# Resources for Dealing With Anger

by Leah Curry-Rood

## BOOKS FOR CHILDREN

### **All My Feelings at Preschool: Nathan's Day**

Authors: Susan Conlin and  
Susan Levine Freidman  
Illustrator: M. Kathryn Smith

Young children learn to express their feelings as they spend a day at preschool with four-year-old Nathan. Nathan experiences a range of feelings, such as mixed-up, different, angry, and concerned. This book helps children see that other people have feelings similar to theirs. Publisher: Parenting Press (1991).

### **Alexander and the Terrible, Horrible, No Good, Very Bad Day**

Author: Judith Viorst  
Illustrator: Ray Cruz

From the moment he woke up Alexander knew it was going to be a hopeless day — and he was right. Everything went wrong. The only good thing about his day was learning that some days are like that. Publisher: Alladin (1987).

### **The Chocolate-Covered Cookie Tantrum**

Author: Deborah Blumenthal  
Illustrator: Harvey Stevenson

Sophie doesn't care that it's almost supertime, or that her mother doesn't

have a cookie. She wants a chocolate-covered cookie, and she wants it NOW! Publisher: Turtleback (1997).

### **Don't Rant and Rave on Wednesdays! The Children's Anger-Control Book**

Authors: Adolph Moser, David  
Melton, Nancy R. Thatch

Any child who can read *Harry Potter* can read this book. The authors' basic assumption is that most people get angry and when they get angry they do silly things, sometimes. Children learn many reasons why people get angry and some of the physiological things that happen when they are angry — their muscles become tense and their thinking becomes muddled. The book includes information on ways to control anger. This is a useful book for families and programs for school-age children. Publisher: Landmark Editions (1994).

### **Everybody Has Feelings**

Author and Photographer:  
Charles Avery



The simple text, which describes different feelings expressed

in the photographs on each page, is written in English and Spanish. The black and white photographs are alive with expressions of happiness, anger, loneliness, dignity, and strength, and they will help children recognize their own feelings. Publisher: Gryphon House (1998).

### **Feelings**

Author: Joanne B. Murphy  
Illustrator: Heather Collins

A little boy goes through his many daily activities and describes the way he feels about what has happened throughout the day. Publisher: Black Moss Press (1985).

### **How Do I Feel?**

Author: Norma Simon  
Illustrator: Joe Lasker

Many common emotions that children have are expressed in this book about feelings — specifically anger, frustration, weariness, and pride. The story is done with humor and includes appealing illustrations. Publisher: Albert Whitman and Company (1970).

### **I Was So Mad**

Author: Norma Simon  
Illustrator: Dora Leder

This story presents a variety of situations that provoke anger. They are

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described clearly in both the text and illustrations. Sharing this book with preschoolers, either individually or in a group, is sure to spark conversations about anger and appropriate ways to deal with that emotion. Publisher: Albert Whitman and Company (2000).

## **If I Feel**

Author: Nancy Lee Walter

This book of feelings, part of the *Inside of Me* series, contains high-quality black and white photographs of mimes who display a variety of facial expressions to encourage discussion about different kinds of feelings. This is an open-ended approach for children to learn about feelings, many of which will be common to them, and it helps them think about feelings in new ways. Publisher: Emotional Management Education (1993).

## **No, No, No**

Author and Illustrator:  
Anne Rockwell

What else is there to say when the entire day is filled with frustration, and nothing is going right? Fortunately, mom knows exactly what to do in this situation. Publisher: Simon and Schuster (1995).

## **The Temper Tantrum Book**

Author: Edna Preston Mitchell  
Illustrator: Rainey Bennett

The animals in this story are angry and engaging in what is often called a temper tantrum. This story provokes much thought and, often, empathy from children. Publisher: Penguin (1969).

## **The Three Questions**

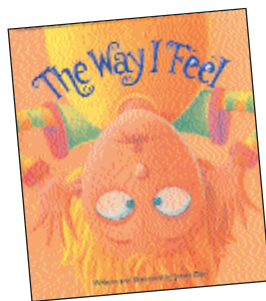
Authors: Jon J. Muth and Leo Tolstoy

This is a picture book, a fable, for children from ages five to ten. However, it

may be more valuable to parents and teachers than to children. The tale is based on Tolstoy's short story, *The Three Questions*. Jon Muth substitutes a boy, Nikolai and his animal friends — a heron, a monkey, and a dog — for the czar and his friends in the original Tolstoy story. His animal friends are not able to give him satisfactory answers to his questions, so Nikolai goes to see Leo, an old turtle. Nikolai asks Leo three questions: "When is the best time to do things? Who is the most important one? What is the right thing to do?" Leo replies, ". . . [T]here is only one important time, and that time is now. The most important one is always the one you are with. And the most important thing is to do good for the one who is standing by your side . . . This is why we are here." Publisher: Scholastic (2002).

## **The Way I Feel**

Author and Illustrator: Janan Cain



This award-winning book helps children describe their emotions and understand that feelings are a normal part of life. Vivid, expressive, colorful

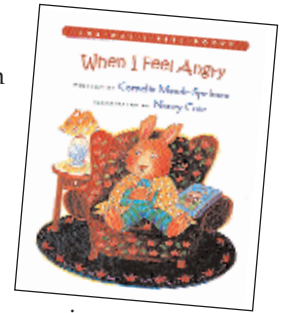
illustrations encourage children to understand their emotions, and those of others. This book helps parents and teachers introduce both the concept of feelings and the vocabulary that children need to express their feelings with words. Publisher: Parenting Press (2000).

## **When I Feel Angry**

Author: Cornelia Maude Spelman  
Illustrator: Nancy Cote

Anger is a scary emotion for young children, parents, and caregivers. The

little bunny in this story experiences things that make her angry, and she learns to deal with her anger in ways that won't hurt others. Publisher: Albert Whitman and Company (2000).



## **When Sophie Gets Angry, Really, Really Angry**

Author and Illustrator: Molly Bang

This thoughtful story written for toddlers looks at some things that can be done when a child becomes angry. Publisher: The Blue Sky Press (1998).

## **BOOKS FOR TEACHERS AND PARENTS**

### **104 Activities That Build: Self-Esteem, Teamwork,**

### **Communication, Anger Management, Self-Discovery, and Coping Skills**

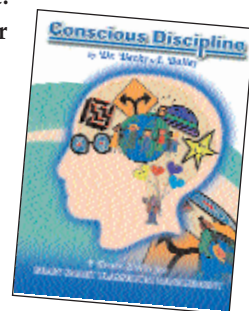
Author: Alanna E. Jones

These games can be played at home, school, camp, church, almost anywhere and with groups of any size. They are designed with an eye for minimal resources and low budgets. People will improve communication skills, address personal issues, and build relationships in fun and easy ways. Publisher: Rec Room Company (1998).

### **Conscious Discipline: Seven Basic Skills for Brain Smart Classroom Management**

Author: Becky Bailey

Dr. Bailey presents a management system for early childhood



programs and elementary schools that instructs teachers and parents in the healing art of self-control and increases their understanding of child development. This is also a good resource for parent education programs. Publisher: Loving Guidance (2000).

**Dealing With Your Anger: Self-Help Solutions for Men**

Authors: Frank Donovan and Allan Creighton

*Dealing with Your Anger* offers help for dealing with the outburst of violence and the risk of harm that can come from uncontrolled anger, especially male anger. This practical book focuses on emotional healing, behavior control, and real change. It includes techniques that help readers identify signs of anger and ways to use self-awareness, communication, and negotiation to overcome fear, insecurity, and rage. Publisher: Hunter House (2001).

**The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships**

Author: Harriet Lerner

Most people agree that anger is a signal that something is wrong, and that it is a signal worthy of immediate attention. Often, however, we deny that it is there, or we express it in a way that leaves us feeling alone and powerless. Dr. Lerner's guide helps readers identify the source(s) of anger and find ways to create lasting changes to deal with anger in a positive way. Publisher: HarperCollins (1997).

**Easy To Love, Difficult To Discipline: The Seven Basic Skills for Turning Conflict into Cooperation**

Author: Becky Bailey

Parents and teachers must develop the

personal discipline and strength needed to guide children in ways that are respectful of themselves and others. Dr. Bailey guides readers through the basic skills of discipline that help children move from willful to willing, and from conflict to cooperation. Publisher: HarperCollins (2001).

**The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children**

Author: Ross W. Greene

Dr. Greene, a pediatric psychologist who teaches at Harvard Medical School, speaks directly to parents of explosive children. Throughout the book he uses anecdotes from his working sessions with families. *The Explosive Child* is helpful to teachers and parents of children who have been diagnosed with ADHA, Tourettes Syndrome, and Asperger's Syndrome. He offers strategies for helping children with these conditions. The book also includes a chapter on drug therapies. Publisher: HarperCollins (1998).

**I Only Say This Because I Love You. How the Way We Talk Can Make or Break Family Relationships Throughout Our Lives.**

Author: Deborah Tannen

Although Dr. Tannen deals mostly with family interactions and communications in this book, she also points out that we often use similar patterns of speech with friends and co-workers. The task is to learn to recognize the difference between the actual words that are spoken and the real meaning behind the words. She explains that we often think we are being supportive and helpful, when in fact we are creating tension that provokes anger. Publisher: Random House (2001).

**Raising Compassionate, Courageous**

**Children in a Violent World**

Author: Janice Cohn

It is very important for children to learn to care about and do things for other people. Doing things for others helps children become confident and self-assured. With this increase in self-esteem they grow socially and acquire new emotional skills and abilities to deal with their feelings. In addition, they become more empathetic and more tolerant of differences. Publisher: Longstreet Press (1996).

**Understanding the Angry Child: Strategies for You and Your Child**

Authors: Martha Hansen McManus and Shari Steelsmith

Anger is normal. But when children can't, or don't express their anger appropriately, they need help. This straightforward book describes what causes anger: illness, injury, abuse, psychological problems, and temperament. In addition to explaining why children are angry, it discusses how you can help your children develop the anger management skills they need to be successful at home, at school, and with friends. Publisher: Parenting Press (2001).

**TRAINING WORKSHOP**



**What Do You Do With the Mad That You Feel? Workshop for Helping Children Manage Anger and Learn Self-Control**

This workshop package includes materials for trainers, teachers, and child care providers to help children manage anger and learn self-control. The work-

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shop materials include: facilitator's guide, video components, CD-ROM with Powerpoint and PDF files, hand-out masters, background materials, and children's booklist for participants. PBS outreach coordinators have used this workshop successfully across the country. Publisher: Family Communications, Inc. (1998).

## WEB SITES

There are many locations on the Internet to assist parents, teachers, directors, and trainers who are looking for resources to assist them in their efforts to improve the quality of care they are providing for children. The web sites listed below are only a few that we have chosen which have specific information related to the topic of anger. The information on the web sites may be in the form of a publication, a book or short article, a video/cd/dvd, training material, consultant, or conference.

- **National Parent Information Network** — [www.npin.org](http://www.npin.org) — Provides research-based information about parenting and family involvement in education. A subscription announcement list of new information and happenings EECENEWS-L. *Violence Prevention Resource Guide for Parents.*
- **ERIC.EECE Clearinghouse on Elementary and Early Childhood Education** — [www.ERICEECE.ORG](http://www.ERICEECE.ORG) — Publications, Digests, Links.
- **Zero to Three** — [www.zerotothree.org](http://www.zerotothree.org) — Publications, Zero to Three journal, special issue *Zero to Three* (April/May 2000) Protecting Young Children in Violent Environ-

ments: Building Staff and Community Strengths (#237).

- **athealth** — [www.athealth.com](http://www.athealth.com) — Mental health information, books, newsletters, articles.
- **National Association for the Education of Young Children** — [www.naeyc.org](http://www.naeyc.org) — Publications, conferences journal, *Young Children*, "Guiding Young Children's Understanding and Management of Anger," *Young Children* 52(7), 62-67.
- **Ohio State University — Human Development and Family Life** — [www.hec.ohio-state.edu/famlife](http://www.hec.ohio-state.edu/famlife) — articles, family resource center.
- **National Network for Child Care** — [www.nncc.org](http://www.nncc.org) — Articles, Connections newsletter.
- **Parenting Toolbox** — [www.parentingtoolbox.com](http://www.parentingtoolbox.com) — Articles, parenting newsletter, clinical newsletter, Locate-a-Doc.
- **Parenting Press** — [www.parentingpress.com](http://www.parentingpress.com) — Books, tips for parents, consultants.
- **Gryphon House** — [www.ghbooks.com](http://www.ghbooks.com) — Books for parents, staff, children, videos, cds.
- **Redleaf** — [www.redleaf.com](http://www.redleaf.com) — Books for parents, staff, children, videos, cds.
- **Loving Guidance** — [www.beckybailey.com](http://www.beckybailey.com) — Books, videos, cds, training materials, consultants.
- **High/Scope** — [www.highscope.org](http://www.highscope.org) — Books, videos, cds, training materials, training.

- **National Association of School Psychologists** — [www.nasponline.org](http://www.nasponline.org) — Articles, training, services.
- **Child Care Information Exchange** — [www.ChildCareExchange.com](http://www.ChildCareExchange.com) — Publications, articles, *Child Care Information Exchange* magazine, conferences, consultants.
- **American Academy of Child & Adolescent Psychiatry** — [www.aacap.org/publications/factsfam](http://www.aacap.org/publications/factsfam) — Articles, Facts for Families.
- **National Association of Child Care Resource and Referral Agencies** — [www.naccrra.org](http://www.naccrra.org) — parent newsletter, *The Daily Parent*, publications.
- **American Psychological Association** — [www.apa.org](http://www.apa.org) — Tips on managing anger, publications, children's books.
- **Anger Management** — [www.angermgmt.com](http://www.angermgmt.com) — anger management course, books, tapes, assessment tool, articles.
- **Family Communications** — [www.misterogers.org](http://www.misterogers.org) — Publications, training materials, books for children, parent information.

Leah Curry-Rood has written a new book with Shirley Raines and Karen Miller, *Story S-t-r-e-t-c-h-e-r-s for*



*Infants, Toddlers, and Twos: Experiences, Activities, and Games for Popular Children's Books*" (Gryphon House, 2002).