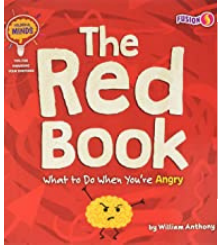


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Recommended Reading

CHILDREN FEELING ANGRY



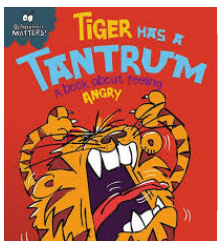
THE RED BOOK: WHAT TO DO WHEN YOU'RE ANGRY BY WILLIAM ANTHONY

Simple activities, tips, and tricks help young readers whose angry red shines brightest in the rainbows of their colorful minds.



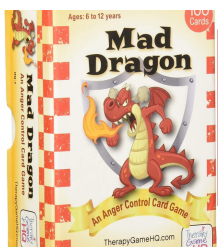
FEELING MAD BY AMBER BULLIS

In this book, readers will discover how to recognize anger in themselves and others, how to best respond to it, and how to communicate about these feelings.



TIGER HAS A TANTRUM BY SUE GRAVES

Tiger is in a terrible mood. He has been angry with everyone all day. Then Monkey accidentally chooses the book that Tiger wanted and Tiger has a full blown tantrum in the library. How can Miss Bird help Tiger to manage his anger, and how can he make up with his friends?



MAD DRAGON: AN ANGER CONTROL CARD GAME

This therapeutic card game helps children ages 6-12: control their anger in the moment; practice 12 effective anger management techniques; understand what anger feels and looks like; avoid anger-provoking situations; express and understand their feelings; identify anger cues; learn that they have choices about how to express anger.



ANGER MANAGEMENT SKILLS WORKBOOK FOR KIDS: 40 AWESOME ACTIVITIES TO HELP CHILDREN CALM DOWN, COPE, AND REGAIN CONTROL BY AMANDA ROBINSON

From identifying their feelings and challenging negative thinking patterns to practicing healthy coping skills when angry feelings arise, kids will learn to feel calmer and more in control.



HELLO, ANGER BY JESSICA SINARSKI

An essential guide to cultivating emotional intelligence for kids. This book teaches us not how to change our feelings such as anger, but how to change our relationship with them.

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