



Children's / Emotions / Anger
Ages 3-6

**Sometimes the LITTLEST kids
can have the BIGGEST tempers!**

***A Feel Better Book for Little Tempers* assures kids that anger is normal—everyone gets angry sometimes, even adults! The rhyming narration helps kids to identify anger and provides them with helpful tools to manage and move past it.**

Includes a *Note to Parents and Caregivers* with more information on how you can help your little one manage their little (or not-so-little!) tempers.

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BROCHMANN & BOWEN

A Feel Better Book for Little Tempers

MAGINATION PRESS



A Feel Better Book

for Little Tempers



**by Holly Brochmann and Leah Bowen
illustrated by Shirley Ng-Benitez**

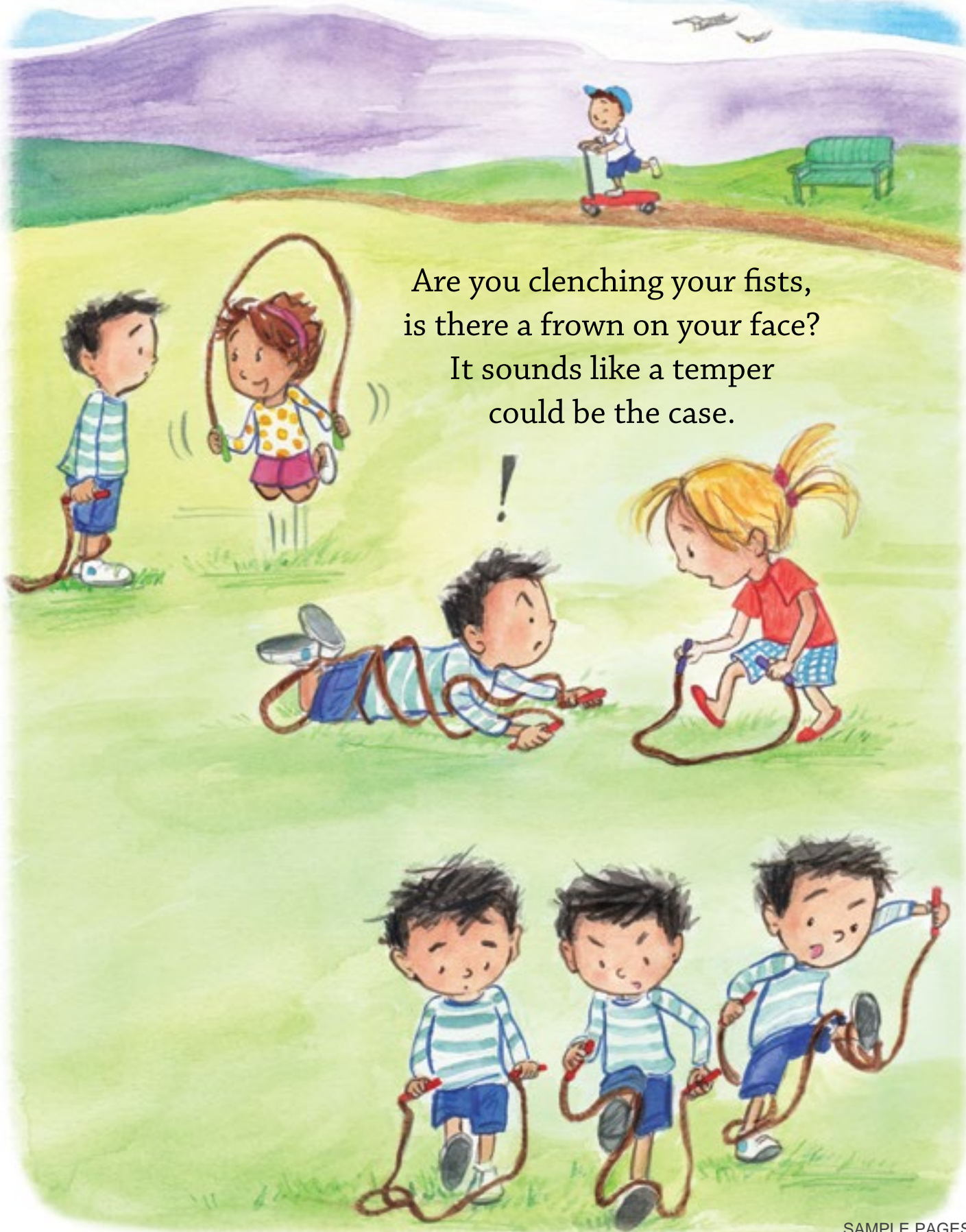


Hello there my friend,
how are you? Do tell!
Are you happy and calm?
Peaceful and well?

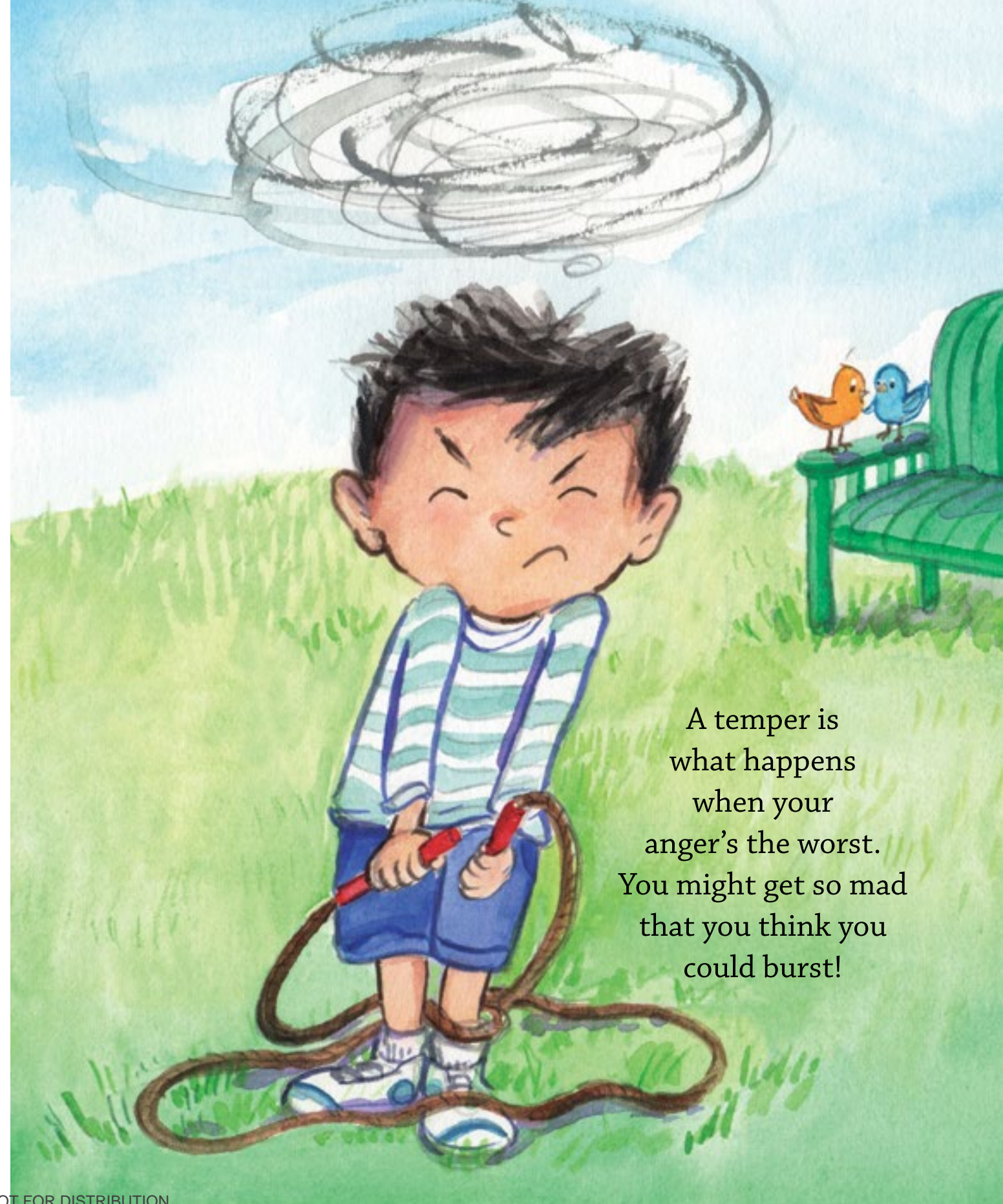
Or is it one of those days
you feel misunderstood?
You're huffy and puffy
and just plain not good.

You wanted it this way.
It went that way instead!
Now your ears are quite hot
and your cheeks are all red.





Are you clenching your fists,
is there a frown on your face?
It sounds like a temper
could be the case.



A temper is
what happens
when your
anger's the worst.
You might get so mad
that you think you
could burst!



You try stomping your feet, maybe a scream or a shout! You'll do whatever it takes to get those feelings out.

You may think you'll feel better by pitching a fit. But you just get in trouble when you bite or you hit.