



When I Feel Angry (The Way I Feel Books)

By Cornelia Maude Spelman

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Anger is a scary emotion for young children, their parents, and caregivers. As this little bunny experiences the things that make her angry, she also learns ways to deal with her anger--ways that won't hurt others.

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When I Feel Angry (The Way I Feel Books) By Cornelia Maude Spelman Bibliography

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Editorial Review

From School Library Journal

PreSchool-Grade 2-Through simple language, a young rabbit relates the things that make her angry and the positive ways in which she can deal with her emotions. The situations are realistic and will strike a familiar chord with most children-being ridiculed on the playground, having to stop a favorite activity to do a chore, not being able to get a drawing right, losing a ball game. Although the narrator may want to lash out, she knows that "feeling like I want to is not the same as doing it." She describes several ways to react that won't hurt anyone, such as removing herself from the situation, engaging in physical activity, or talking things over with an adult. While the text reads at times like a loosely veiled lesson ("I can take deep breaths and blow the air out, hard, to send the anger out of me"), the message hits home. Featuring a cast of animals dressed as people, Cote's vibrant paintings skillfully convey the feelings of the characters and add significantly to the child appeal. Outdoor and indoor scenes alike are filled with eye-catching textures, colorful patterns, and interesting details. Use this with Molly Bang's *When Sophie Gets Angry* (Scholastic, 1999), which packs much more of an emotional punch, to create a balanced approach to the topic.

Joy Fleishhacker, formerly at School Library Journal

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From [Booklist](#)

It's hard to be a bunny. Sometimes a bunny feels angry--especially if someone is teasing or if Mom is paying more attention to the new baby in the family. But there are things a bunny can do to keep anger from taking over--exercise, rest, cry, or even ask for help. This gentle book puts an adorable bunny in a variety of situations that preschool or grade-school children can relate to. Instead of acting out, the bunny and her friends find constructive ways to deal with their anger. The illustrations are comical and gentle. In a note to parents, the author, a social worker, explains that it's important to let children know that they can't avoid their feelings but that they can avoid acting in bad ways. The note also includes advice to parents on setting good examples when dealing with negative emotions. Pair this with Molly Bang's *When Sophie Gets Angry*. . . *Really, Really Angry* for even more to talk about. *Marta Segal*

Review

"This gentle book puts an adorable bunny in a variety of situations that preschool or grade-school children can relate to."

Booklist

"Cote's vibrant paintings skillfully convey the feelings of the characters and add significantly to the child appeal."

School Library Journal

Users Review

From reader reviews:

Shiela Steen:

Book is to be different for every grade. Book for children until eventually adult are different content. To be

sure that book is very important for us. The book When I Feel Angry (The Way I Feel Books) seemed to be making you to know about other understanding and of course you can take more information. It is quite advantages for you. The e-book When I Feel Angry (The Way I Feel Books) is not only giving you much more new information but also to be your friend when you sense bored. You can spend your own personal spend time to read your guide. Try to make relationship with all the book When I Feel Angry (The Way I Feel Books). You never feel lose out for everything in case you read some books.

Todd Jacob:

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Kimberly Lunceford:

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