



Why Do I Feel Angry?

The main message of this book is that it is okay to be angry or get upset when things don't go your way. Children need to know that getting angry enough to stomp their feet or feel grumpy is okay, but there are ways to calm down and then talk through their feelings. Show your child how to use the "balloon method" to calm down when they are feeling angry. Have them interlock their fingers on top of their head. Then, as they take a deep breath in through the nose, they slowly raise their clasped hands above their head like a balloon taking in air. When their hands are all the way stretched, they let out the air by saying "pop" and blowing the air out of their mouth while lowering their hands back to their head. Your child can make these motions anytime they feel angry or upset and need to calm down!

