



Dagmar Geisler

Safe Child, Happy Parent – I'm Angry - How to Cope?

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Story

Do you sometimes get angry? I do.

Sometimes I have such rage, I want to yell at the top of my lungs or shout at someone else. Sometimes I even want to shred something or stomp on it. When I get angry, my heart beats faster than usual, I get hot, and my face turns as red as a tomato. Occasionally, I get cold and my hands shake when I am really frustrated and mad. We all get angry, and we all feel that anger in different ways. We may get hot or cold. We may want to yell at our parents or our friends, or we may want to pout and not talk to anyone. We may want to punch pillows or we may just want to cry. Sometimes we know why we're angry, and sometimes we don't. And that's okay.

This book sensitively teaches young readers about anger and shows them healthy ways to process and express their thoughts and emotions when they are mad. The perfect tool to teach children how to evaluate and manager their anger. *I Can Control My Anger* provides parents, grandparents, teachers, and caregivers the opportunity to speak with children about this important topic.

- An important issue for parents and children

- Wonderful illustrations and child-orientated text by **Dagmar Geisler**

Dagmar Geisler

Dagmar Geisler, was born in 1958 in Siegen, studied drawing in Wiesbaden and now lives in Franconian Switzerland. She has been writing and illustrating for children and the young for over 25 years. Her educational picture books address recent and sensitive issues, providing useful preventive measures with excitement and humour from an educational perspective. With her books, she accompanies children in their social-emotional development and encourages talking together about feelings, difficult situations and body awareness.

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