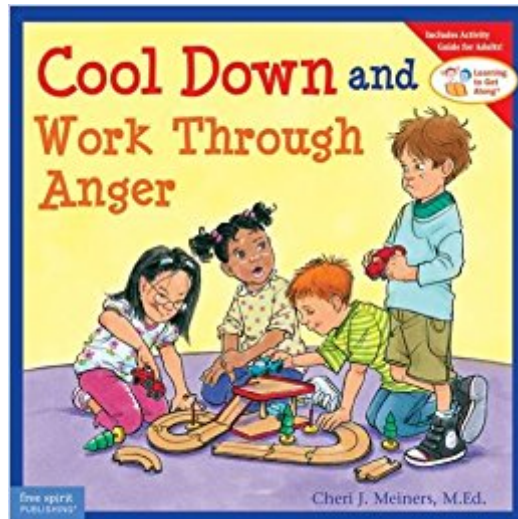


The book was found

# Cool Down And Work Through Anger (Learning To Get Along®)



## Synopsis

Everyone gets angry, so it's never too early for children to learn to recognize feelings of anger, express them, and build skills for coping with anger in helpful, appropriate ways. Children learn that it is okay to feel angry but not okay to hurt anyone with actions or words. They discover concrete skills for working through anger: self-calming, thinking, getting help from a trusted person, talking and listening, apologizing, being patient, and viewing others positively. Reassuring and supportive, the book helps preschool and primary-age children see that when they cool down and work through anger, they can feel peaceful again.

## Book Information

Lexile Measure: AD410L (What's this?)

Series: Learning to Get Along™

Paperback: 40 pages

Publisher: Free Spirit Publishing; 1 edition (May 1, 2010)

Language: English

ISBN-10: 1575423464

ISBN-13: 978-1575423463

Product Dimensions: 9 x 0.2 x 9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 789 customer reviews

Best Sellers Rank: #3,966 in Books (See Top 100 in Books) #72 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings #880 in Books > Reference

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

"Cool Down and Work Through Anger is an excellent book for helping children understand this unpleasant but normal emotion. The book takes an evidence-based approach which is recommended in the early childhood field. When their teacher reads this book, children will learn that feeling angry is perfectly normal but that hurting somebody because you are angry is not acceptable. The book gives very helpful strategies for helping children deal with anger."

—Marian Marion, Ph.D., Professor, Early Childhood Education, Governors State University

"A delightful addition to the series. I particularly like the focus on what kids can do

to handle their anger more constructively, rather than focusing on what not to do. . . . Will appeal to kids as well as those who work with them.

• James J. Crist, Ph.D., author of *What to Do When You're Scared and Worried and Mad* "Cool Down and Work Through Anger is an excellent anger-management toolbox written at reading level 1 ½ for kids ages 4-8. Full-color illustrations provide examples of kids experiencing anger management problems and solutions. Cool Down and Work Through Anger is described as a gentle empowering book that helps kids channel their anger by giving constructive alternatives, rather than focusing on what not to do. Cool Down and Work Through Anger is very accessible and kid-friendly without talking down to kids. Its simple, direct language provides real models of better ways to interact and deal with anger. Cool Down and Work Through Anger is a paperback book that includes an activity guide for adults with specific suggestions for ways to reinforce helpful ideas and also a number of suggested games and activities to resolve anger. Cool Down and Work Through Anger is part of the Learning to Get Along series from Free Spirit Publishing. Cool Down and Work Through Anger is highly recommended for kids ages 4-8 who have anger management issues or concerns."

• Midwest Book Review, *Children's Bookwatch*:  
Reviewer's Choice

Newest title in Free Spirit's Learning to Get Along™ social skills series focuses on helping children understand and manage anger

I like the idea. I'm not sure why everyone who doesn't follow the rules (cuts the line, is rude to the child) is brown skinned, and frankly that bothers me. Why not reflect the way things are in real life? Both White and Brown kids sometimes don't follow the rules and are equally capable of rudeness/non cooperation. The message is great, but the illustrations again, depicting what I'm pointing out, is what I have a problem with. We quickly took this book out of the rotation. Sometimes messages are communicated subconsciously and I didn't want my child internalizing that only a group of people engage in behaviors that can make one angry.

This has helped the situation of my 2 year old hitting when mad. I bought this a few months ago and when I bought it, she was hitting every time she was mad. Now when she's mad she yells, grunts, or stomps, which I think is way better than trying to hit someone. After getting this book we read it a few times, she really likes it. Then when she would get mad and try to hit I would repeat the book to her. "Hands are not for hitting. What are hands for?" and then we would go over what hands can do.

Thank you for this tool! I highly recommend. I even caught her reading it by herself the other day. Not that she can read, but we have read it so much she's memorized what that pictures are.

We weren't crazy about the book. Obviously the message is an important one, but I found it to be a bit dense for my 2 year old. It just didn't engage her. I would suggest borrowing it from the library to see if your little one responds before making the purchase.

Ideas on handling anger are good. The book however is not very entertaining and I have to give examples and explain things to my son. He loses interest quickly. It's not written as a story with a moral.

This is a very simple book that I found when I went looking for solutions to my youngest child's misbehavior in daycare. Not quite 2 years old, with a pretty limited vocabulary, she began taking out her frustrations on others by hitting, kicking, and biting. We used several methods to help curb the behavior and this set of books was just one tool in our toolbox. We sat each night and read all three books; "Feet Are Not for Kicking", "Hands Are Not for Hitting", "Teeth Are Not for Biting". The books are very well written with repetition and recommendations for what is appropriate behavior, ie. hands teeth are for eating, hands are for holding. There is also a page at the end of each book with suggestions for parents.

I bought this book for my 4yo son when he picked up hitting behavior at daycare. He really enjoyed the book because it was easy to understand each page due to big pictures, so he felt like he could read it himself. We often referred to the title of the book to reinforce making good choices and he kept the book at daycare to look at if he needed a reminder. The book really helped give us another tool to turn his behavior around! Plus, I plan to use it in my practice as a therapist when working with children with similar issues.

I thought it was going to say more stuff about not hitting.

My daughter is really into books and this is another one that she really enjoys. I bought it because she was having issues with another child at daycare that likes to hit or bite. Trying to be proactive, I wanted her to understand what hands are for in hopes that she would avoid this other classmate rather than use her hands to hit them back or begin hitting others. So far she is catching on really

fast between reading the book as well as us explaining to her the concepts. She has never been a hitter or a biter, but more likely to give out hugs and I would really like her to stay that way.

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Cool Down and Work Through Anger (Learning to Get Along™) Talk and Work It Out (Learning to Get Along™) Respect and Take Care of Things (Learning to Get Along™) Be Careful and Stay Safe (Learning to Get Along™) Totally Cool Creations: Three Books in One; Cool Cars and Trucks, Cool Robots, Cool City Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life Mindfulness for Teen Anger: A Workbook to Overcome Anger and Aggression Using MBSR and DBT Skills The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) Anger Management: 7 Steps to Freedom from Anger, Stress and Anxiety Letting Go of Anger: The Eleven Most Common Anger Styles And What to Do About Them The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration BULLSHIT: 50 Swear Words to Color Your Anger Away: Release Your Anger: Stress Relief Curse Words Coloring Book for Adults Keeping Your Cool: A Book about Anger (Growing God's Kids) Down, Down, Down: A Journey to the Bottom of the Sea The Blood Pressure Book: How to Get It Down and Keep It Down Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger, Freak-Outs, and Triggers The Work-Smart Academic Planner, Revised Edition: Write It Down, Get It Done Cool Punch Needle for Kids:: A Fun and Creative Introduction to Fiber Art (Cool Fiber Art)

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