

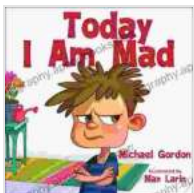
# Today I Am Mad: A Child's Guide to Understanding and Expressing Anger

## About the Book

Today I Am Mad is a children's book that helps kids understand and express their anger in a healthy way. The book teaches kids about the different types of anger, how to identify their triggers, and how to calm down when they're feeling angry. Today I Am Mad is a valuable resource for parents and educators who want to help kids learn how to manage their anger in a positive way.

## What's Inside the Book?

Today I Am Mad is a beautifully illustrated book that features a diverse cast of characters. The book is divided into three parts:



### Today I Am Mad: (Anger Management, Kids Books, Baby, Childrens, Ages 3 5, Emotions) (Self-Regulation Skills Book 1) by Michael Gordon

★★★★☆ 4.5 out of 5

Language : English

File size : 650 KB

Screen Reader : Supported

Print length : 17 pages

Lending : Enabled



- **Part 1: What is Anger?** This section teaches kids about the different types of anger, such as frustration, disappointment, and rage. It also

helps kids identify their own anger triggers.

- **Part 2: How to Express Anger Safely** This section teaches kids how to express their anger in a healthy way. It includes tips on how to talk about their feelings, how to set limits, and how to use physical activity to release anger.
- **Part 3: Calming Down** This section teaches kids how to calm down when they're feeling angry. It includes tips on how to take deep breaths, how to relax their muscles, and how to use positive self-talk.

### **Why is Today I Am Mad Important?**

Anger is a normal emotion that all kids experience. However, it's important for kids to learn how to manage their anger in a healthy way. Today I Am Mad helps kids understand and express their anger in a way that is safe and constructive. The book also provides parents and educators with valuable tips on how to help kids manage their anger.

### **Reviews**

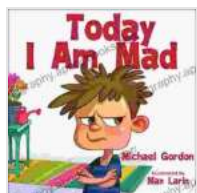
"Today I Am Mad is a must-read for any parent or educator who wants to help kids learn how to manage their anger in a healthy way." - School Library Journal

"This book is a great resource for helping kids understand and express their anger. The illustrations are beautiful and the text is clear and concise." - Common Sense Media

### **Free Download Today!**

Today I Am Mad is available for Free Download online and in bookstores everywhere. Free Download your copy today and help your child learn how

to manage their anger in a healthy way.



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