



The Anger toolbox's

suggested further readings and weblinks about anger

See The Anger Toolbox www.skylight.org.nz/Shop/About+Feelings/The+Anger+Toolbox

To order many of the titles below see www.skylight.org.nz/Shop

Books for Children

Annoyed, Mad and Angry by Skylight, NZ 2011 www.skylight.org.nz For children 8–12 years who struggle to manage angry feelings and actions, with lots of strategies to try (8-12)

The Grouchies by Debbie Waggenbach. (Magination Press, 2009.) (4-8) What can you do when the grouchies take hold? How can you keep a bad mood at bay? With funny rhymes and a silly chant, The Grouchies shows kids simple and fun ways to turn around grouchy moods. But most of all, kids will understand how their mood and negativity can affect their family and friends, and really get in the way of having a good day. An extensive Note to Parents at the back also.

When Sophie Gets Angry - Really, Really Angry by Molly Bang. (New York: Scholastic, 1999.) A little girl doesn't know how to manage her anger; she learns how to take the time to cool off and regains her composure. (4-8)

Captain Grumpy by Russell Deal. (Australia, Innovative Resources:2003.) Captain Grumpy didn't want to be a pirate, but a pirate he became - and he was good at it because he was good at being grumpy. But you can have too much of a good thing and grumpiness soon became the boss of Captain Grumpy's life. In this page picture book you will find messages about what is a real value, what happens when trouble pushes us around and how we can keep trouble at bay with real treasures - the inner ones!

Josh's Smiley Faces by Gina Ditta-Donahue. (USA, Magination Press:2003) When Josh is angry, he throws his toys, breaks things, and even hits his little brother. Mom says it's time for Josh to learn better ways to get his mad feelings out. With the help of a chart of smiley faces, Josh starts to use his words, get along better with others—and feel more "smiley" himself. (3-8)

How to Take the Grrrr Out of Anger by Marjorie Lisovskis. Kids need help learning how to manage their anger. This book speaks directly to them and offers strategies they can start using immediately. (8-12)

Let's Talk About Feeling Angry by Joy Wilt Berry. (NY: Scholastic, Inc., 1996.) Part of the "Let's Talk About" series. Explains how to handle even the toughest situations and emotions in a clear, simple language. (5-7)

The Chocolate Covered Cookie Tantrum by Deborah Blumenthal. (New York: Houghton Mifflin Company, 1999.) Sophie finds out that throwing a tantrum will not get her what she wants. (5-7)

When I'm Angry by Barbara Gardiner and Jane Aaron. (Western Publishing, 1998.) Children learn how to deal with anger. Includes a parents' guide in a question-and-answer format. (5-7)

I Was so Mad by Mercer Mayer. (Western Publishing Company, 1985.) In this Little Critter book, with delightful illustrations, a young child tries a variety of ways to let go of his anger that's been causing so many problems for him - and others. (5-7)

Mad Isn't Bad: A Child's Book about Anger by Menedez-Aponte & Mundy, Michaelene. (One Caring Place, 1999.) (4-8) You can be good - and angry. After all, everyone gets angry once in a while. That's normal. But what should we do with our anger? Do we have any choices? YES! Mad Isn't Bad says children do have choices and talks about this with them in the book, with delightful illustrations.

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The right help at the right time in the right way



Don't Rant and Rave on Wednesdays!: The Children's Anger-Control Book by Adolph Moser. (Landmark Editions, 1994.) Children find out how to control anger and express feelings appropriately. (5-12)

I Was so Mad! by Norma Simor. (Albert Whitman, 1991.) A look at situations that make children angry including, sibling rivalry, annoyance with parents, school problems, and more. (3-7)

Alexander and the Terrible Horrible No Good Very Bad Day by J.Viorst. (Atheneum, 1972.) Alexander knew it was going to be a terrible day when he woke up with gum in his hair. His best friend deserted him. There was no dessert in his lunch bag. And, on top of all that, there were lima beans for dinner and kissing on TV! This classic picture book charms readers of all ages. (4-8)

Finding the Green Stone by Alice Walker. (San Diego: Harcourt Brace Jovanovich, 1997.) Johnny loses both his green stone and his sense of joy after talking mean to the people in his life. As a result he learns some important and life-changing lessons. (3-7)

Seemor's Flight to Freedom by Nancy Walter and V. Lin. Patfield Rosemount, (MN: Nan Publishing, 1996.) Poignant story of a nearsighted seagull's struggle with anger; includes questions for discussion between parents and children about how our brains process anger. (3-7)

Books for Teens

Managing Anger by Skylight, NZ 2011 www.skylight.org.nz A helpful credit card sized youth information leaflet full of ideas to manage your anger.

MAD. How to Deal with Your Anger and Get Respect by James Crist. (Free Spirit Publishing, 2007.) Feeling mad is a normal human emotion, but sometimes teens go too far and get into trouble with their parents, their school, or the law. Their anger controls them and affects their lives in negative, sometimes long-lasting ways. This practical, supportive book helps teens understand and handle their anger. The final chapters explore mental health problems that can complicate anger management and the role of counseling and psychotherapy.

The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration by Raychelle Cassada Lohmann. (New Harbinger, 2009.) The Anger Workbook for Teens includes thirty-seven exercises designed to show teens effective skills to help them deal with feelings of rage without losing it. By completing just one ten-minute worksheet a day, they can find out what's triggering their anger, look at the ways they react, and learn skills and techniques for getting their anger under control

Fighting Invisible Tigers: A Stress Management Guide for Teens by Earl Hipp. (Free Spirit, 1994) This very popular book for ages 11-17 is a mini-course in stress management for teens. Includes positive management skills to lower stress and so reduce anger and other strong feelings.

Bullies are a Pain in the Brain by Trevor Romain & Elizabeth Verdick. (Free Spirit Publishing, 1997.) This popular book blends humour with serious, practical suggestions for coping with bullies, and includes great illustrations. (8-13)

I'm Not Bad, I'm Just Mad - I'm Not Bad, I'm Just Mad by Shapiro, Greenwald and Pelta-Heller. (New Harbinger, 2008.) Contains forty activities for issues such as recognizing anger triggers, better problem solving, and communication tips for defusing conflict before it gets out of hand. These fun activities will help kids talk about their feelings and learn to control them.

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Adolescent Volcanoes by E. Whitehouse & W. Pudney. (The Peace Foundation, NZ, 2001.) Divided into two sections, one for adults and one for teens, this book helps identify and deal with difficult angry feelings and aggressive or abusive ways of behaving. It includes activities to help learn a range of anger management skills.

Bullying by Skylight, NZ 2011 www.skylight.org.nz This colourful, credit card sized youth support leaflet, which folds out, looks at bullying from both sides - the bully and those being bullied.

Who Me? by Skylight, NZ 2011 www.skylight.org.nz Practical and motivating information for those who are bullying and want to change their behaviour. (10-17)

Books for parents and carers

How to Handle a Hard-to-handle Kid – A Parent's Guide to Understanding and Changing Problem Behaviours by C Drew Edwards. (Free Spirit Publishing, USA, 1999.) Some children act out, argue, disobey and throw temper tantrums more frequently than others. If you're parenting one of these high-maintenance kids between 3-12 years, this book is for you. Packed with practical information and real-life examples, written with authority and compassion.

Acting Out – understanding and reducing aggressive behavior in children and youth, edited by David A. Wolfe. (Canada: CAMH, 2007.) Explains and explores various types of aggressive behaviour exhibited by young people, gives practical advice on how to address aggression and highlights proven prevention and intervention strategies.

Help your Child or Teen Get Back On Track: What Parents and Professionals Can Do for Childhood Emotional and Behavioral Problems by Kenneth H. Talan, M.D. (UK:JKP, 2009.) Offers specific self-help interventions and a wide-ranging, practical discussion of the types of professional help available for a child or adolescent with emotional and behavioral problems.

The Anger Workbook by Carter, Leslie et. al. (Thomas Nelson, 1992.) A 13-step interactive program that helps identify the best ways to handle anger and eliminate the myths that perpetuate it.

Taming the Dragon in Your Child: Solutions for Breaking the Cycle of Family Anger by Meg Eastman and Sydney Craft Roze. (NY: Wiley, 1994.) Shows parents how to deal constructively with their children's anger in a variety of situations from temper tantrums and pouting to sarcasm and sibling rivalry.

Healthy Anger: How to Help Children and Teens Manage Their Anger by Bernard Golden. (UK:Oxford University Press, 2006.) Offers specific, practical strategies for helping children and teens manage their anger constructively.

When Anger Hurts Your Kids: A Parent's Guide by McKay, Paleg & Fanning et. al. (New Harbinger Publications; 1996.) Explains why parents get angry, how children are affected, and suggests how to gain control of angry emotions.

When Kids Are Mad, Not Bad: A Guide to Recognizing and Handling Your Child's Anger by Paul, Henry A. (NY: Penguin Putnam, 1998.) Anger in children can manifest as tantrums, hostility, sarcasm, depression, and more. Parents learn to interpret the messages a child may be sending and handle anger in a loving, constructive way.

Anger: The Misunderstood Emotion by Carol Tavris. (New York: Simon and Schuster, 1982.) Learn more about anger triggers, their roots, and what to do about them.

When the Bully is Your Child. Skylight, NZ 2011 www.skylight.org.nz An information leaflet for parents in this situation. Very practical and helpful.

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The right help at the right time in the right way



A Volcano in My Tummy: Helping Children to Handle Anger by Elaine Whitehouse and Warwick Pudney. (New Society Publishers, 1996.) Helps parents show children how to handle their anger so they can live healthily, happily and nonviolently; full of stories, and easy-to-use games and exercises.

Adolescent Volcanoes by E. Whitehouse & W. Pudney. (The Peace Foundation, NZ, 2001.) Divided into two sections, one for adults and one for teens, this book helps identify and deal with difficult angry feelings and aggressive or abusive ways of behaving. It includes activities to help learn a range of anger management skills.

The Dance of Anger by Lerner, Harriet Goldhor. (NY: Harper and Row, 1985.) Insightful book on sources of anger and what to do about them as adults.
Anger at Work by Hendrie Weisinger. (NY: William Morrow, 1995.) Practical strategies for dealing with anger in the workplace..

Weblinks

For Kids

Taking charge of anger - for kids.
<http://kidshealth.org/kid/feeling/emotion/anger.html>

Get your angries out – a whole range of engaging ideas to try to express angry feelings,
<http://www.angriesout.com/>

Dealing with anger and the fire inside.
<http://pbskids.org/itsmylife/emotions/anger/index.html>

Kids against bullying - an interactive, creative and relevant bullying prevention web site created for and by kids to raise awareness of bullying prevention.
<http://www.pacerkidsagainstbullying.org/>

What's Bullying?
<http://www.nobully.org.nz/advicek.htm>

For Teens

How can I deal with my anger - for teens
http://kidshealth.org/teen/index.jsp?tracking=T_Home

Reach Out - about anger
<http://au.reachout.com/find/articles/anger>

Get your angries out- for younger teens
<http://www.angriesout.com/>

Anger, Conflict, Bullying
<http://thepulse.org.nz/Me/My-Body/Emotions/AngerConflictBullyingWhatToDo.pdf>

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The right help at the right time in the right way



For Parents carers and other adults

Do's and Don'ts of dealing with anger

http://stress.about.com/od/stresshealth/a/dealing_anger.htm

10 tips for coping with anger

<http://www.beliefnet.com/Health/Health-Support/10-Tips-for-Coping-with-Anger.aspx>

Dealing with anger

http://www.eapcrackerbarrel.com/online_assistance/personalgrowth/Anger.htm

Helping Young Children Deal with Anger

<http://www.athealth.com/consumer/issues/chidsanger.html>

Sesame Street articles

<http://www.sesamestreet.org> and search ANGER

To order Skylights the Anger Toolbox

Do's and Don'ts of dealing with anger

http://stress.about.com/od/stresshealth/a/dealing_anger.htm

10 tips for coping with anger

<http://www.beliefnet.com/Health/Health-Support/10-Tips-for-Coping-with-Anger.aspx>

Dealing with anger

http://www.eapcrackerbarrel.com/online_assistance/personalgrowth/Anger.htm

Helping Young Children Deal with Anger

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