

“Growing Up Happy”

ARNOLD GETS ANGRY

An Emotional Literacy Book



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To The Boys and Girls Reading This Book,

My name is Dr. Larry Shapiro, and I'm a child psychologist. Some children call me Dr. Larry.

A child psychologist is someone who helps children with their problems, particularly the problems they have with different feelings.

Many children have problems with their anger. I know some children who seem to be angry all the time. These children are very unhappy and they have a hard time making friends.

I know other children who get angry for the wrong reasons. I know one young man who gets angry at his mother every time he doesn't get what he wants. If she makes something he doesn't like, he gets angry. If she tells him it is bedtime and he wants to stay up, he gets angry. But that doesn't make sense, because we can't have everything just the way we want it all of the time, can we?

Some children I know never get angry, and that isn't good either. Everybody gets angry sometimes and for many different reasons.

I hope this book makes you think about what makes you angry, and how you express your anger. Learning to control your anger is an important part of growing up.

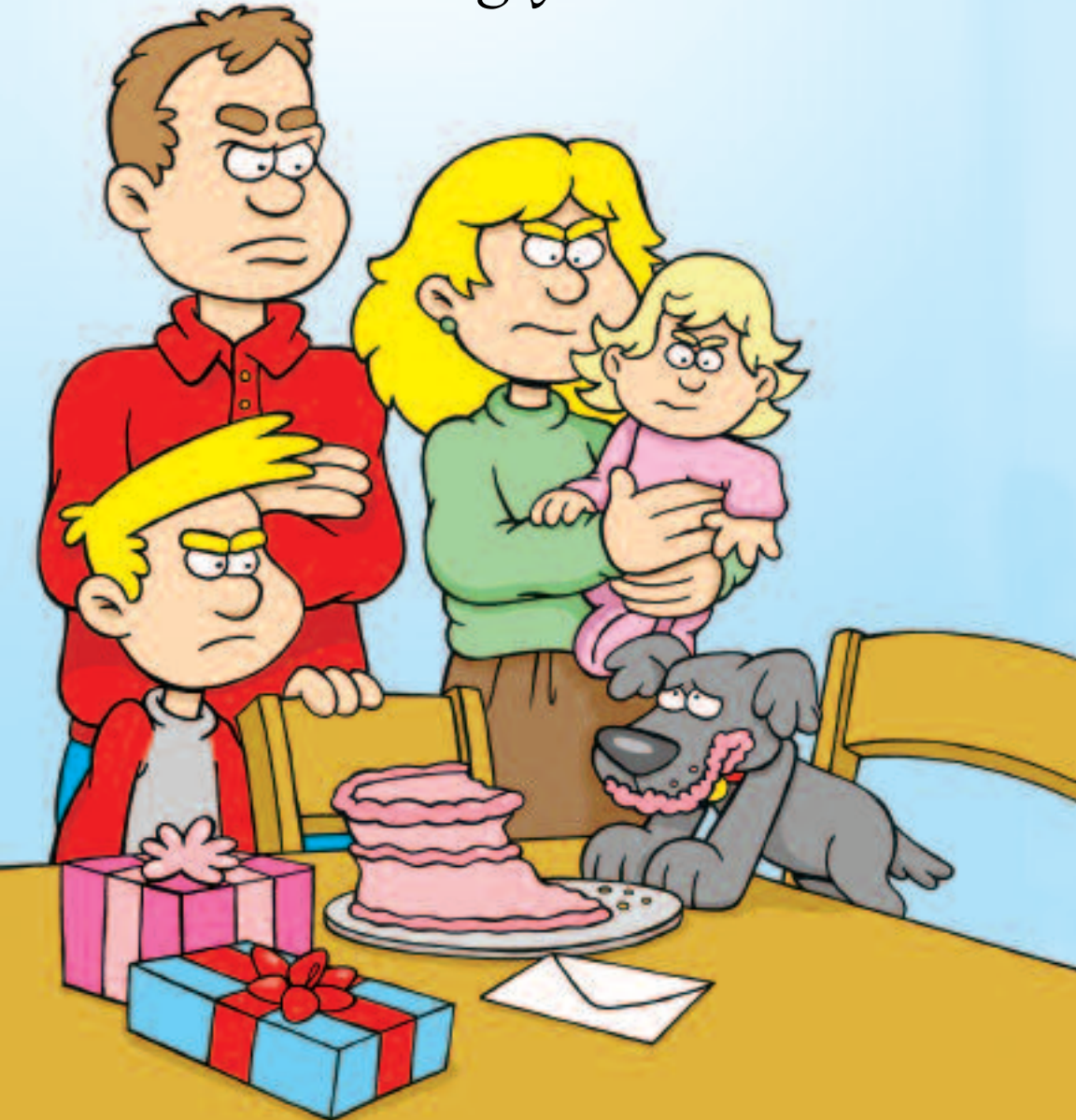
As Arnold and his friends learn about anger, I hope you do, too.

Remember: All feelings are okay. It's what you do with them that counts!

Your friend,
Dr. Larry



Everyone gets
angry sometimes.



People look a certain way when they are angry. Can you make a face like you are angry? How do you stand or move your hands when you are angry?



Anger is just one of many feelings that everyone has.



How did you
feel when you woke up
this morning? How do
you feel right now?

ANGRY

depressed

lonely

Jealous



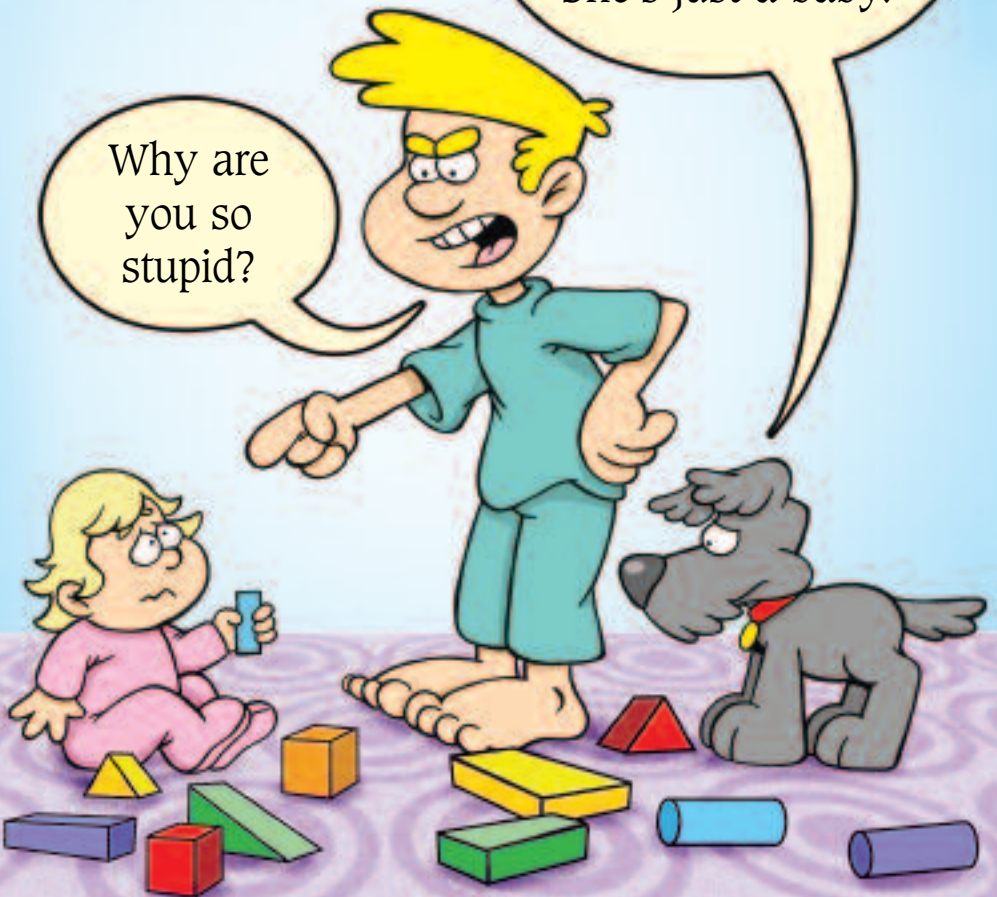
Some people get angry
when they hurt themselves.



Sometimes they blame other people for their problems.

I get angry when the baby pulls my tail. But I would never growl at her. She's just a baby.

Why are you so stupid?



People get angry when things go wrong.



Did you ever have a day
when everything went
wrong? What happened?



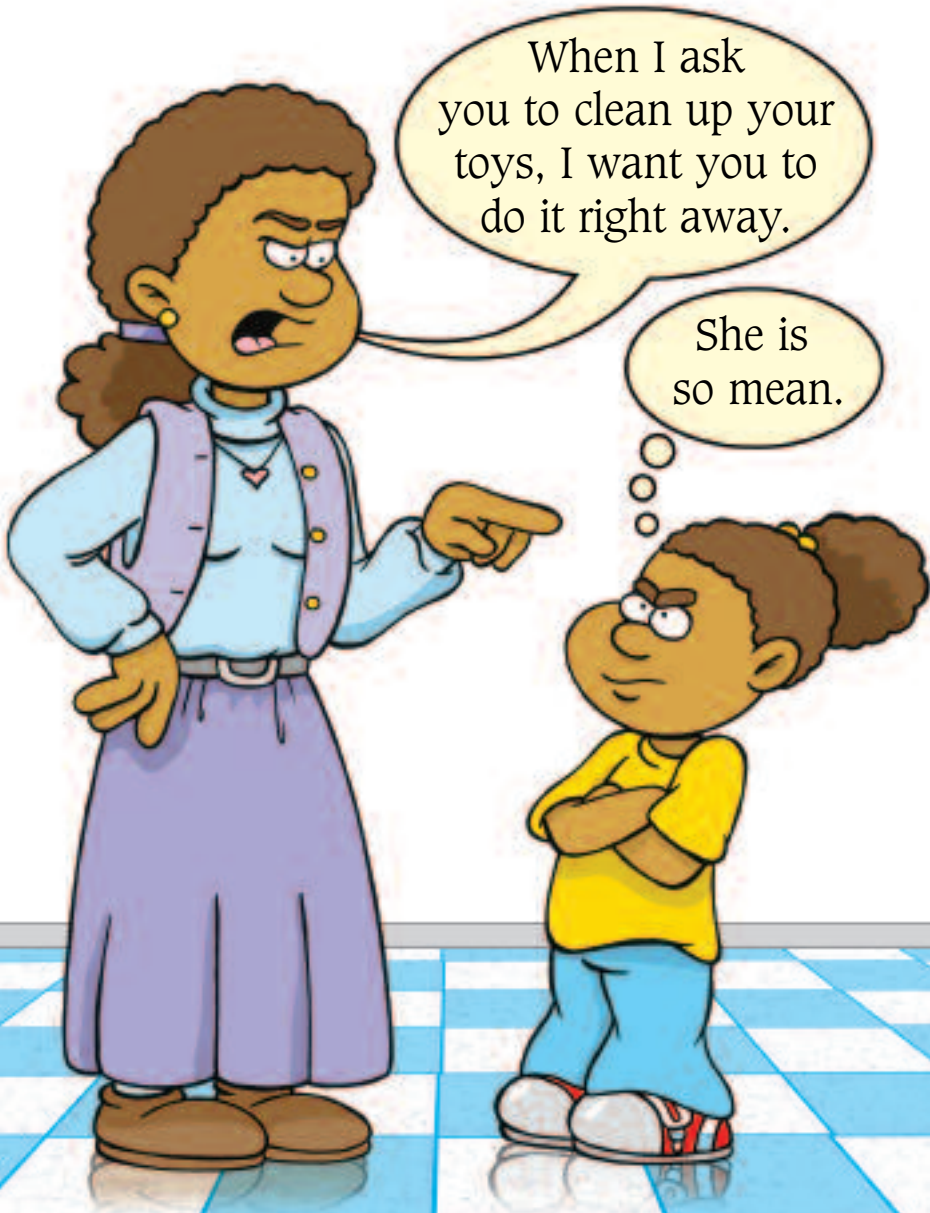
Negative thinking makes things worse.



Being positive
or even laughing about
a problem makes
things better.



Most people get angry when someone gets angry at them.



Sometimes it is
better *not* to say what is on
your mind when you are
angry and someone is
angry at you.



It is okay to be angry.



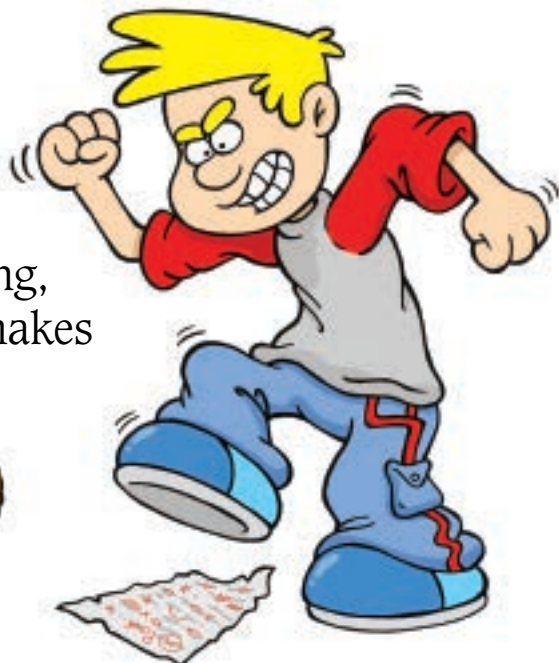
Sulking makes things worse.

Screaming or crying makes things worse.



Some ways of expressing anger just make things worse.

Stomping, kicking, or hitting things makes things worse.



Being disrespectful makes things worse.

Sometimes you can see why
someone is angry at you.
A messy room makes most
parents angry.



Do you do things
that make your parents
or teachers angry? What
do you do when someone
is angry at you for
something you've
done wrong?



Other times it is hard to understand why someone is so angry.



Sometimes kids get
mad at each other for silly
reasons. Did that ever
happen to you?



Many kids get angry
with work that is hard.





Everyone gets angry now
and then. But if you are
angry a lot, you will
feel bad a lot of the time.

Anger can
give you a
headache.

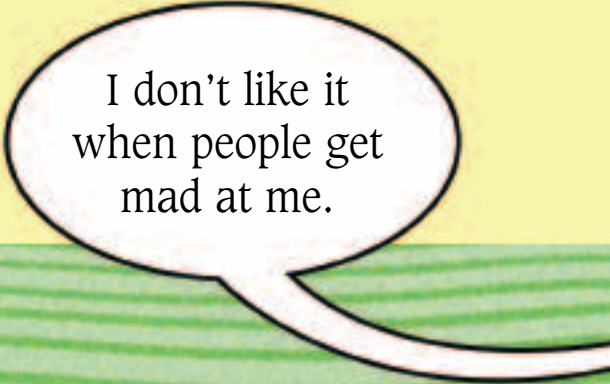
Anger
makes your
muscles
tense.



Anger makes
your heart
beat fast.

Anger makes you
feel bad all over.

Your anger makes other
people feel bad, too.
Angry words hurt
people's feelings.



I don't like it
when people get
mad at me.

I don't care if
I broke your stupid
doll. You deserved
it for bothering me.



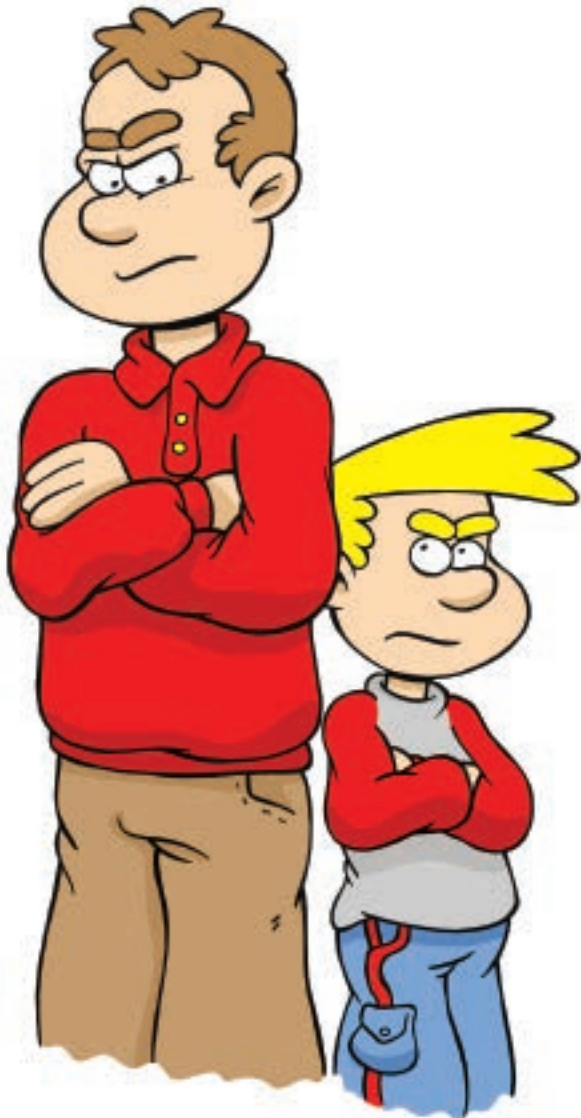
If you are angry all of the time, it will be hard to have friends.

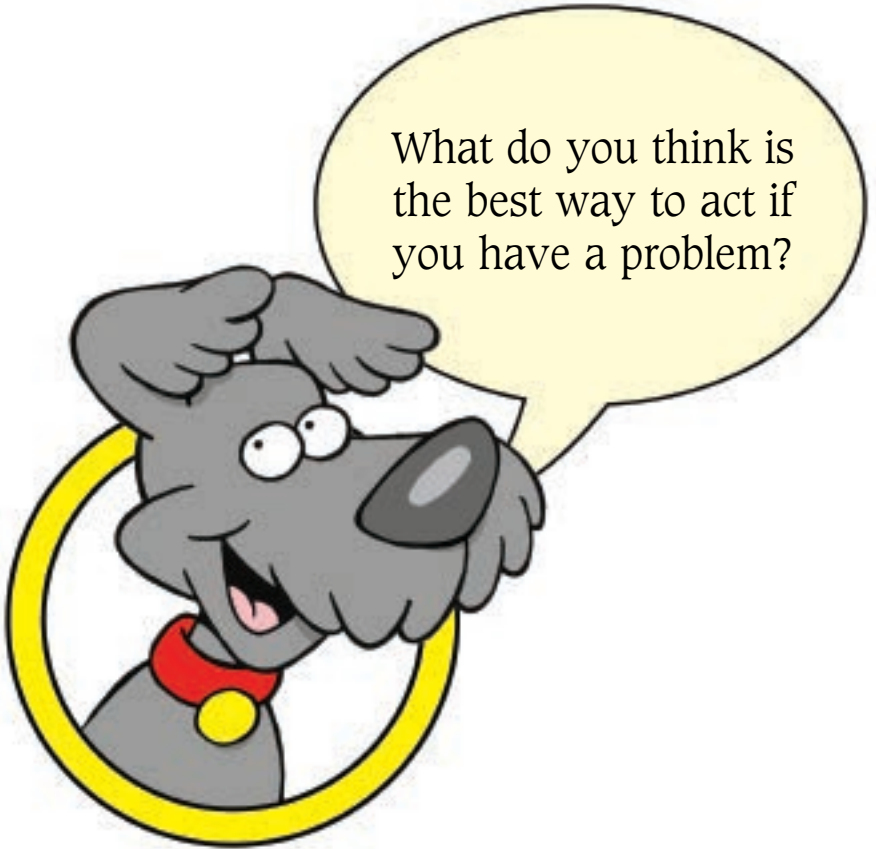


Kids like other kids
who are happy and
fun to be with.



If you are mad at grown-ups all of the time, they will probably be mad, too.





When something makes you angry you should talk about it.



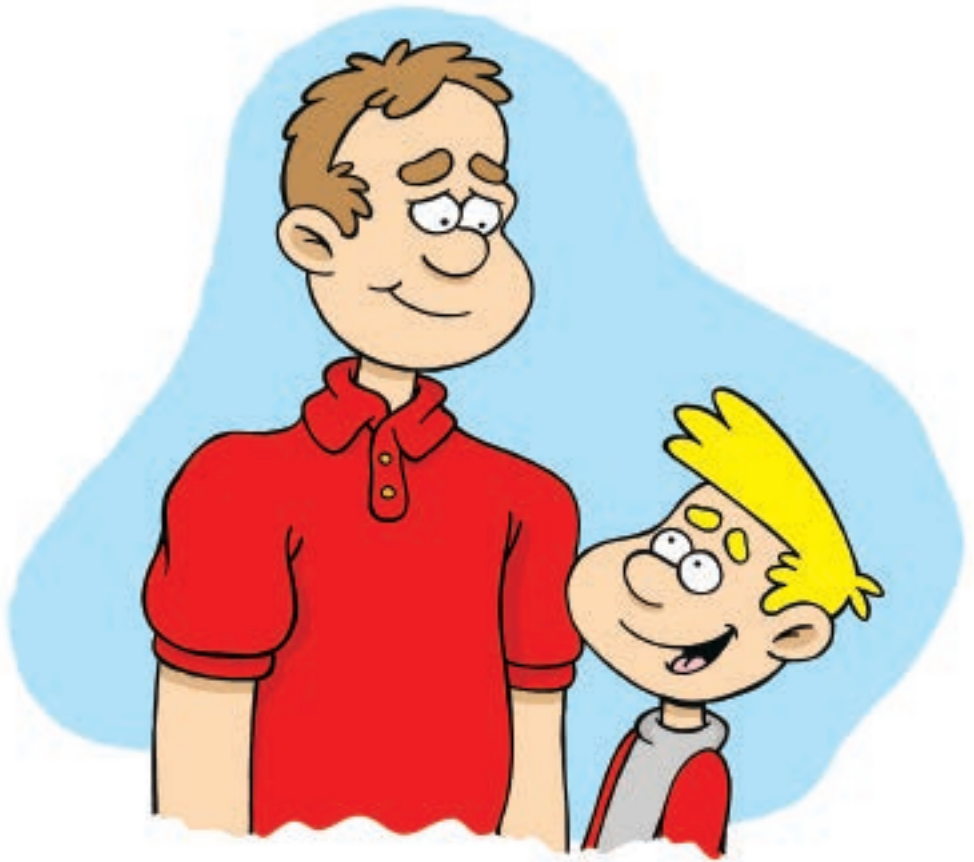
Talk about what is bothering you in a calm voice. Explain why you are upset.



You can talk to your friends.



You can talk to your parents.



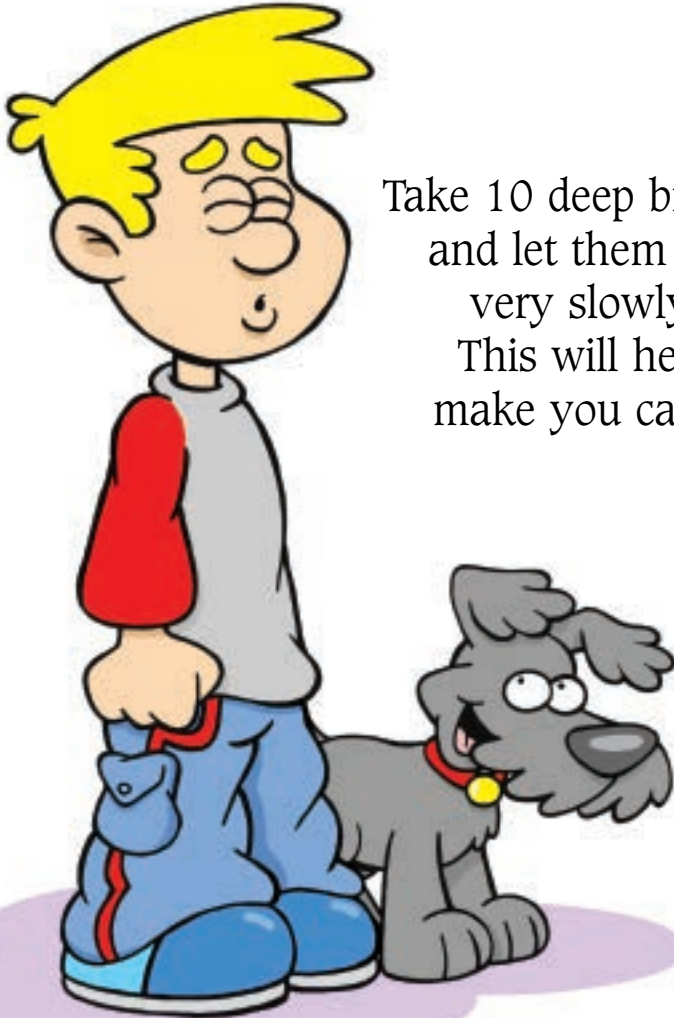
You can talk to
your teacher.



You can talk to
a counselor.



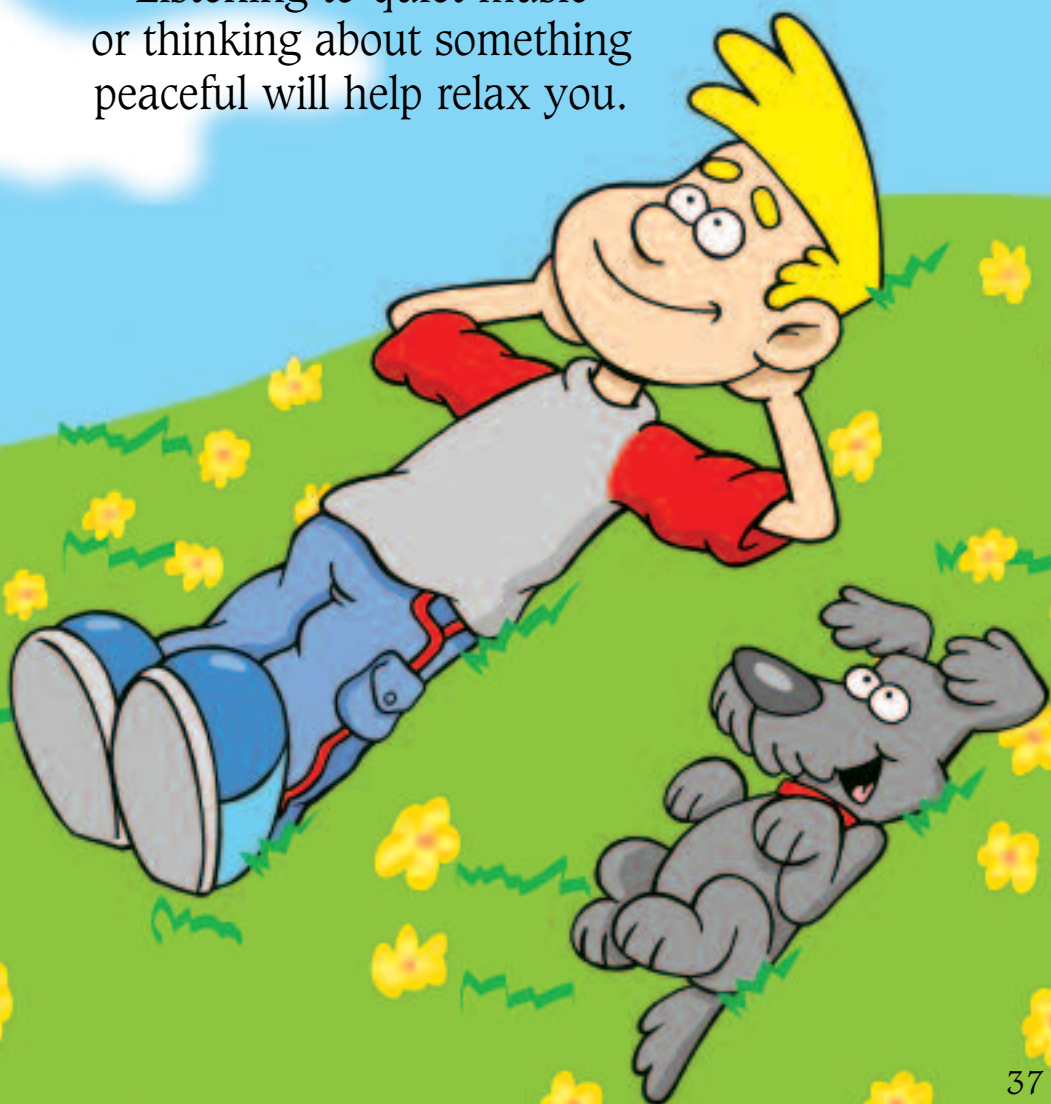
When you are angry or upset,
you can calm yourself down.



Take 10 deep breaths
and let them out
very slowly.
This will help
make you calm.

There are many ways you
can make yourself feel better.

Listening to quiet music
or thinking about something
peaceful will help relax you.



When you are a good problem-solver you won't be so angry.

Why don't you take a turn for 5 minutes and then I'll take a turn for 5 minutes?





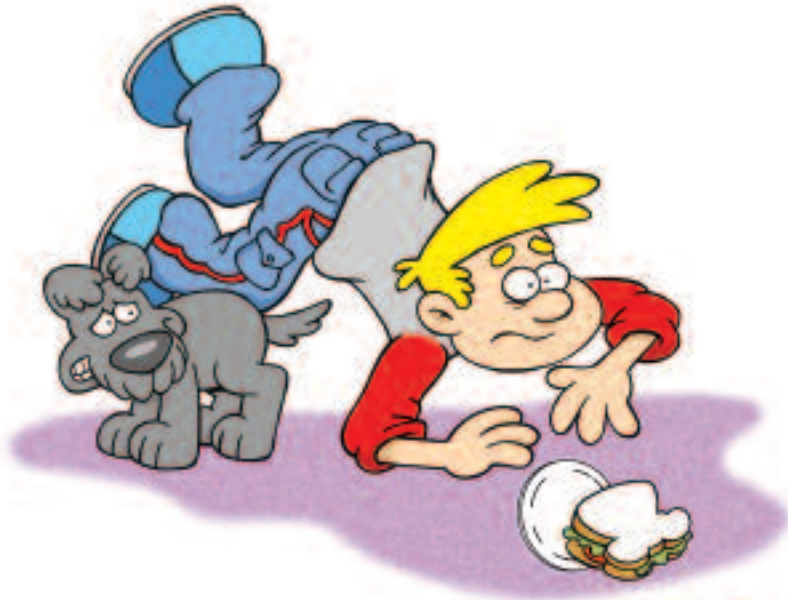
A compromise
solves a problem by
letting each person get
something he or she wants.
Did you ever make a
good compromise?

You can avoid situations that might make you angry.

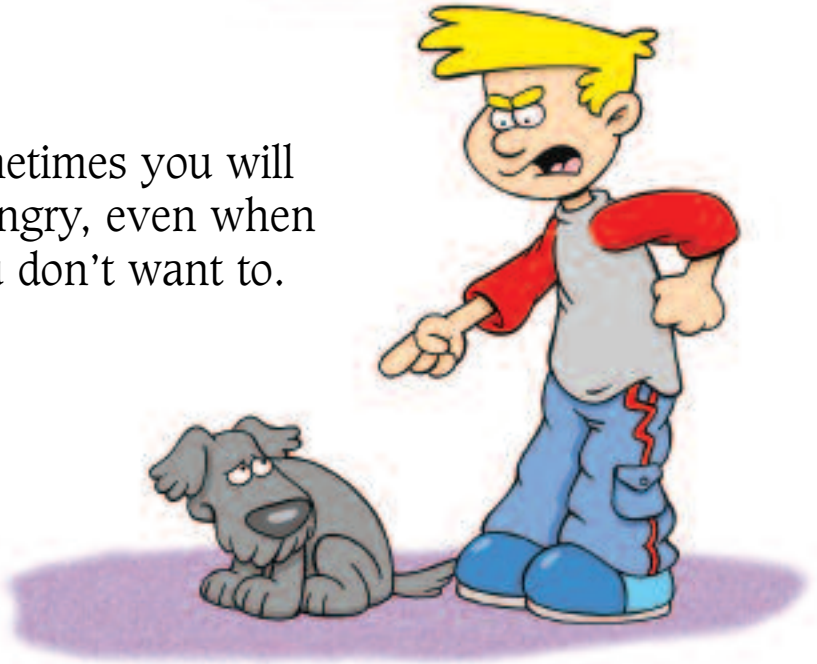


I'm a good
problem-solver. Once,
I lost my rubber bone, and
I searched the whole house
until I found it.





Sometimes you will
get angry, even when
you don't want to.



Saying you're sorry always helps. Doing something nice for someone is even better!



When Arnold Gets Angry, He Knows What To Do

- Talk about what makes you angry. It really helps.
- Calm yourself down. There are many ways you can make yourself feel better.
- Be a good problem-solver. Then you won't get so angry.
- If you hurt someone with your anger, say you are sorry and do something nice for the person you hurt.

