

J305.231 F

EMOTIONAL UPS AND DOWNS

Discusses feelings such as shyness, embarrassment, and anger and examines specific situations such as the death of a loved one and fighting with family members.


J811.008 P

POEMS ABOUT ANGER

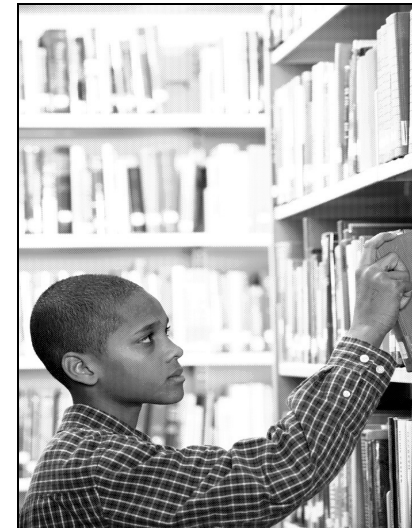
A collection of poetry and art by children describing their feelings about anger.

Collections For All Age Children About People With Emotional Challenges

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Picture Books: J Easy

JE BANG

WHEN SOPHIE GETS ANGRY--REALLY, REALLY ANGRY

A young girl is upset and doesn't know how to manage her anger but takes the time to cool off and regain her composure.

JE BUNTING

SO FAR FROM THE SEA

When seven-year-old Laura and her family visit Grandfather's grave at the Manzanar War Relocation Center, the Japanese American child leaves behind a special symbol.

JE COLLINS

COME OUT, COME OUT!

Hildy is so angry that she thinks she will hide from her family forever, but they manage to find her and make things right.

JE GILMORE

MAKING GRIZZLE GROW

When her father is too busy to play with her, Emily angrily creates a snow dinosaur whose hunger quickly grows out of control.

JE HOBERMAN

ONE OF EACH

Oliver Tolliver, who lives alone in his house with just one of everything, discovers that it is more fun to have two of everything and share with a friend.

JE JONELL

WHEN MOMMY WAS MAD

A young boy helps his mother realize how her bad mood is affecting everyone in the family.

JE LORBIECKI

SISTER ANNE'S HANDS

Seven-year-old Anna has her first encounter with racism in the 1960s when an African American nun comes to teach at her parochial school.

JE PALATINI

GOLDIE IS MAD

A little girl is very upset when her baby brother drools on her doll, but during a time-out, she thinks of the things she likes about her brother.

Non-Fiction

J152.4 F

ANGER

Explains what happens when you get angry.

J152.4 H

A TO Z, DO YOU EVER FEEL LIKE ME?

For each letter of the alphabet, this book presents an emotion, a situation in which the reader might feel that emotion, and objects beginning with the same letter.

J152.47 F

FEELING ANGRY

Simple text and photographs describe and illustrate anger and ways to alleviate it.

J152.47 V

HOW TO TAKE THE GRRR OUT OF ANGER

Kids need help learning how to manage their anger. Filled with solid information, sound advice, and humor, this book helps kids understand anger and how to handle it in healthy, positive ways. It guides them to understand that anger is a normal part of life, but violence is not acceptable.

J155.4 A

DEALING WITH HURT FEELINGS

Discusses what to do when your feelings get hurt or when you hurt someone else's feelings.

J155.433 M

THE FEELINGS BOOK: THE CARE & KEEPING OF YOUR EMOTION

Discusses a variety of emotions girls might experience and suggests ways of dealing with them.

J158.24 K

THAT MAKES ME MAD!

A little girl gets mad at a lot of things in her daily life but is comforted that her mother understands her anger.

J222.1109 S

CAIN AND ABEL: FINDING THE FRUIT OF PEACE

Retells the story of two brothers who, after years of sharing everything, become angry enough to lose control and bring violence into the world.

YF MAZER
WHEN SHE WAS GOOD

The death of her abusive, manipulative older sister prompts 17-year-old Em to remember their unpleasant life together, with their parents and then later on their own.

YF MIKAELSEN
TOUCHING SPIRIT BEAR

After his anger erupts into violence, Cole, in order to avoid going to prison, agrees to participate in a sentencing alternative based on the native American Circle Justice, and he is sent to a remote Alaskan Island where an encounter with a huge Spirit Bear changes his life.

YF PLUM-UCCI
THE BODY OF CHRISTOPHER CREED

Torey Adams, a high school junior with a seemingly perfect life, struggles with doubts and questions surrounding the mysterious disappearance of the class outcast.

YF PRESSLER
HALINKA

While living in a home for emotionally disturbed girls in Germany just after World War II, 12-year-old Halinka carefully hides her thoughts, feelings, and even her hopes.

YF ROBERTS
BLOOD ON HIS HANDS

After the death of his little sister, Marc's life begins to fall apart--his parents divorce, his mother comes under the influence of a pushy insurance agent, and Marc is sent to a camp for socially maladjusted youths.

YF SNYDER
THE UNSEEN

Feeling angry and out-of-place in her large family, 12-year-old Xandra finds a magical key to a world of ghostly, sometimes frightening, phantoms that help her see herself and her siblings more clearly.

YF STONE
SONATA #1 FOR RILEY RED

Thirteen-year-old Rachel and her "outcast" friends struggle to come to terms with unresolved emotional traumas while trying to rescue a neglected zoo elephant in a small town outside of Boston.

JE ROBBERECHT
ANGRY DRAGON

A young boy is sometimes so angry that he becomes a dragon, turning red, spitting out angry words, and destroying everything in his path, but later he turns back into a boy and can feel his parents' love again.

JE SPELMAN
WHEN I FEEL ANGRY

A little rabbit describes what makes her angry and the different ways she can control her anger.

JE STADLER
LILA BLOOM

Angry after a difficult day, Lila decides to quit ballet class but reconsiders after she realizes that dancing makes her feel much better.

JE VAIL
SOMETIMES I'M BOMBALOO

When Katie Honors feels angry and out of control, her mother helps her to be herself again.

Early Readers

READER MARZOLLO
FOOTBALL FRIENDS

When he plays football at school, Freddy has trouble avoiding fights, because he feels that the teams are uneven and he dislikes it when Mark teases him, so he tries to use his anger to play football better.

READER HALL
A BAD, BAD DAY

A young boy's day starts badly, but his mood improves when his teacher gives him a good mark on his paper.

READER HAUTZIG
IT'S NOT FAIR

When irresponsible Ernie seems to be taking all the credit for Bert's hard work on their lemonade stand, it provokes an angry outburst from Bert and threatens their friendship.

Fiction: Grades 3-5

JF CLEMENTS

THE JANITOR'S BOY

Fifth grader Jack finds himself the target of ridicule at school when it becomes known that his father is one of the janitors, and he turns his anger onto his father.

JF LEARS

IAN'S WALK: A STORY ABOUT AUTISM

A young girl realizes how much she cares for her autistic Ian when he gets lost at the park. When her autistic little brother, Ian, wanders off while on a walk to the park, Julie must try to see the world through his eyes in order to find him.

JF NAMOVICZ

TO TALK IN TIME

Paralyzed into silence whenever he has to speak to anyone he doesn't know very well, 12-year-old Luke is forced to face his fears in order to protect a passing stranger from rabies.

JF NAPOLI

CHANGING TUNES

Ten-year-old Eileen's life changes drastically when her father separates from her mother and moves out, taking with him the piano on which she is used to practicing every day.

MYSTERY JF SNYDER

THE TRESPASSERS

Having trespassed and explored the empty Hutchinson mansion, which seems haunted by the presence of a long-dead young girl, sixth grader Neely and her little brother become regular visitors when emotionally disturbed Curtis Hutchinson moves in.

HISTORICAL JF NICHOL

BEETHOVEN LIVES UPSTAIRS

The letters between ten-year-old Christoph and his uncle show how Christoph's feelings for Mr. Beethoven, the eccentric boarder that shares his house, change from anger and embarrassment to compassion and admiration. .

Fiction: Grades 5-8

YF COLE

THE FACTS SPEAK FOR THEMSELVES

At the request of her social worker, 13-year-old Linda gradually reveals how her life with her unstable mother and her younger brother led to her rape and the murder she witnessed.

YF CRUTCHER

IRONMAN

While training for a triathlon, 17-year-old Bo attends an anger management group at school which leads him to examine his relationship with his father.

YF GRIFFIN

DIVE

Young Ben finds that he is happy in the stable life provided by his stepfather despite his uncertain relationship with his moody and troubled stepbrother and his mother's growing restlessness in her new marriage.

YF HAUTZIG

SECOND STAR TO THE RIGHT

As fourteen-year-old Leslie begins to shed the weight she feels makes her imperfect, she finds it increasingly difficult to reach out for the psychological help she knows she needs.

YF KOERTGE

MARGAUX WITH AN X

Margaux, known as a "tough chick" at her Los Angeles high school, makes a connection with Danny, who, like her, struggles with the emotional impact of family violence and abuse.

YF LYNCH

WHO THE MAN

Thirteen-year-old Earl Pryor is much too big for his age, and much too powerful for the anger that rages within him when classmates tease him, the girl he likes disappoints him, or his parents' problems get too real.

YF MCCORMICK

CUT

While confined to a mental hospital, 13-year-old Callie slowly comes to understand some of the reasons behind her self-mutilation, and gradually starts to get better.