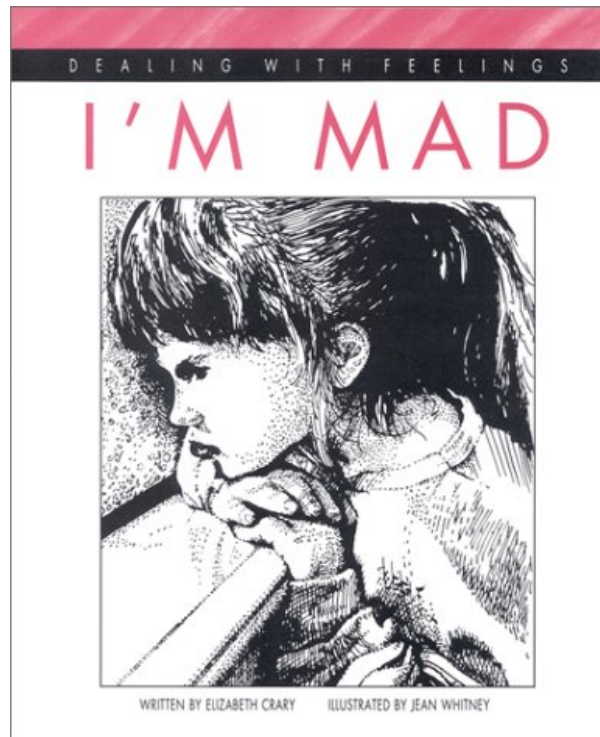
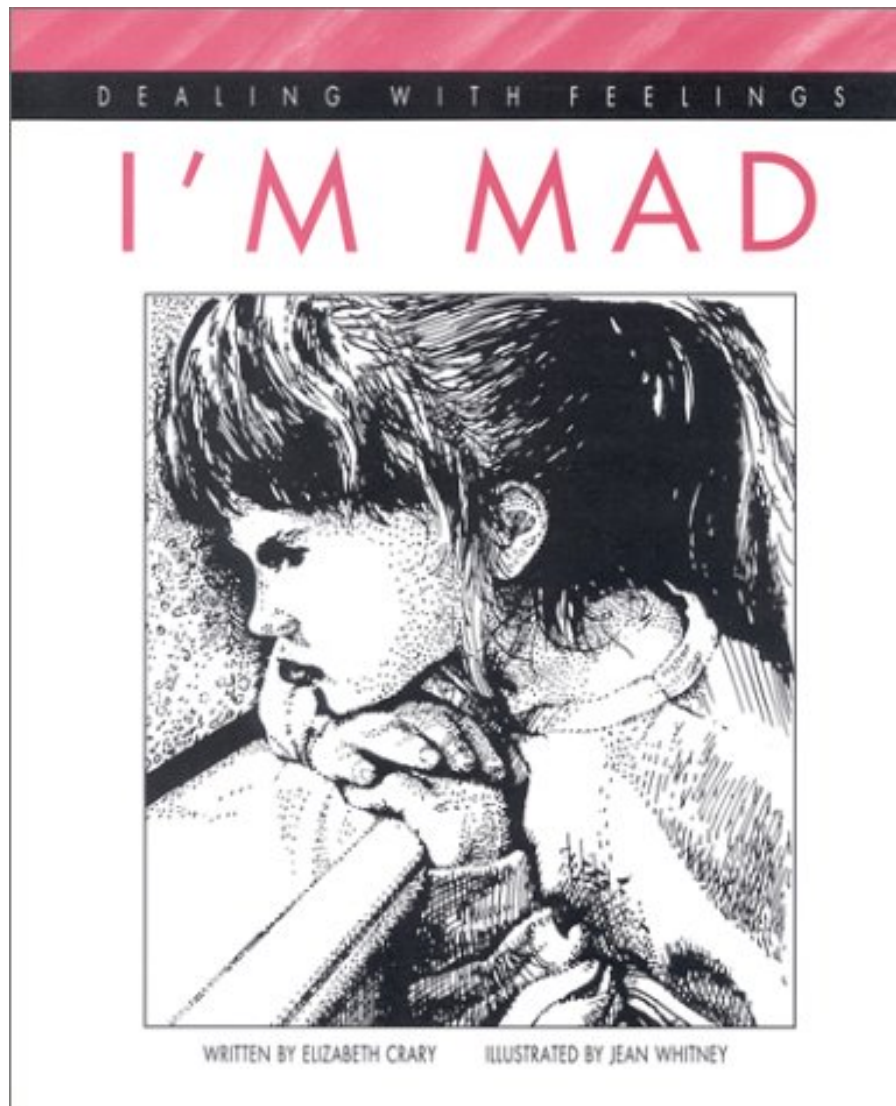


I'M MAD (DEALING WITH FEELINGS) BY ELIZABETH CRARY



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Special Series Discount Save more than 16% and get six books for the price of five when you order the entire series at once:

From the Back Cover

Tired of temper tantrums? Foot-stomping? Children's emotions can be draining and validating strong emotions like anger can become a task for the brave. Unfortunately, telling children to "use words" or sending them to their rooms rarely provides long-term solutions to handling strong emotions. Elizabeth Crary offers options that children will enjoy and that work.

About the Author

Author Elizabeth Crary has written more than 30 books for parents and children. A frequent speaker on parenting topics across North America and in Japan, she has a special interest in emotional literacy and coping skills.

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I'M MAD (DEALING WITH FEELINGS) BY ELIZABETH CRARY PDF

Too often kids' feelings get ignored. This series helps children and adults accept and acknowledge their emotions. It also helps them distinguish between feelings and actions. Even more important, the stories give kids several ways to cope with feelings by utilizing the books' "choose-your-own-ending" format. They also allow parents and teachers to discuss other situations in a nonjudgmental way. Especially valuable for children aged 3-9, each of these books is 32 pages, 7 x 8 1/2 inches. All were written by Elizabeth Crary and illustrated by Jean Whitney.

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About the Author

Author Elizabeth Crary has written more than 30 books for parents and children. A frequent speaker on parenting topics across North America and in Japan, she has a special interest in emotional literacy and coping skills.

Most helpful customer reviews

0 of 0 people found the following review helpful.

Wonderful. Every classroom should have one

By bug

Wonderful ideas on how to handle anger. My son wanted to try some of them even though he knew I was "feeding" him the book for that purpose. See also: I'm Furious, which is just as good.

11 of 11 people found the following review helpful.

A way I got my child to discover her emotions!

By savvy_shopper

This is a fantastic book for your 3+ year old children. My daughter, who is 3.5, had trouble labeling and expressing her emotions. Basically, this book is about a girl who is mad after her picnic plans change. In an interactive format you and your child get to pick from the 6 choices Katie has to "get her mads out;" ranging from squishing playdough to doing a mad dance to calling a friend for advice. After reading this book a few times, my daughter started to have logical reactions to her frustrations, voicing them and then (thankfully) moving on.

4 of 4 people found the following review helpful.

Good resource for kids and parents

By Jennifer Brown

I use this book regularly in my private counseling practice - what is interesting is that often the parents find it as educational as the kids do, because it models for everyone the kind of language they can use to start the conversation about difficult emotions.

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