

## When I Feel Angry Way I Feel Books

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### When I Feel Angry Way

When I Feel Angry is part of a series of books written by a child psychologist to help children identify and understand their emotions. We have others in the series, including When I Miss You, When I Feel Scared, and When I Care About Others, but the book about anger is the one I turn to most often.

### When I Feel Angry (The Way I Feel Books): Spelman ...

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### When I Feel Angry (Way I Feel): Spelman, Cornelia Maude ...

How can you manage your anger at home? Relaxation techniques. These include breathing deeply and picturing relaxing scenes in your mind. When trying to relax,... Cognitive restructuring. Changing the way you think can change the way you express your anger. When a person feels... Problem solving. ...

### Why Am I So Angry: Causes, Symptoms, and Treatments

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### When I Feel Angry (The Way I Feel Books) - Kindle edition ...

"When I Feel Angry" is a colorful picture book written for primary readers. Authored by Cornelia Maude Spelman, this book is designed to help children explore their feelings of anger and how those feelings impacts their words and actions.

### When I Feel Angry by Cornelia Maude Spelman

We all experience the feeling of being angry. Maybe it's anger directed at a situation or another person, or perhaps it's your go-to response to a perceived threat, real or not. Regardless of what...

### Pent-Up Anger: Causes, Symptoms, Treatments, and More

It can also make you ill with worry, which is why studies show that repressing anger can result in heart problems, digestive issues, and depression the same way exploding in anger can. "Bottling up...

### What Your Anger Style Says About You | Prevention

Maybe you feel angry regularly. You're irritable, short-tempered and grouchy. Maybe you snap (or want to snap) at everyone around you -- because your anger feels like a tsunami. It's bound t

### Angry All the Time for No Reason? This Might Be Why

Words you might use when you feel angry include: annoyed; frustrated; peeved; contrary; bitter; infuriated; irritated; mad; cheated; vengeful; insulted

### List of Emotions: 54 Ways to Say What You're Feeling

Scholastic's "The Way I Feel Books"; produced for the use of those with disabilities as permitted by the Chafee Amendment

### "When I Feel Angry" by Cornelia Maude Spelman - YouTube

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### Amazon.com: Customer reviews: When I Feel Angry (The Way I ...

When I Feel Angry. Everyone feels angry sometimes, but there are always ways to feel better! Join a bunny rabbit and her family as she learns to manage angry feelings. With a focus on identifying the causes of an emotional reaction, and coming up with ways to start feeling calm and happy again, this book explains simple strategies to help kids understand and take care of their emotions.

### When I Feel Angry | Albert Whitman & Company

Spoken over in a meeting, denied a raise or passed over for a promotion after going way above and beyond at work, let down by your partner when you needed them — you can probably feel your anger...

### 12 Ways To Calm Yourself Down When You're Too Angry To ...

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Read along with me! When I Feel Angry by Cornelia Spelman Have a book suggestion? Comment below!! Thanks for reading! ☺☺ Don't forget to subscribe. Support? T...

### When I Feel Angry | Story Time Read Aloud! | 🐰🐰🐰 | Shon's ...

Buy a cheap copy of When I Feel Angry (Way I Feel) book by Cornelia Maude Spelman. Anger is a scary emotion for young children, their parents, and caregivers. As this little bunny experiences the things that make her angry, she also learns ways to... Free shipping over \$10.

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