

## How To Take The Grrrr Out Of Anger Laugh Learn

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Along with How to Take the Grrrr Out of Anger she is coauthor (with Elizabeth Verdick) of the Happy Healthy Baby series. She has been writing and editing books and activities for children for more than 30 years and has a special interest in creating books that help kids see themselves as confident, capable, and loved.

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How to Take the GRRRR Out of Anger Written By: Elizabeth Verdick & Marjorie Lisovskis Illustrated By: Mike Gordon Published By: Free Spirit Publishing,

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take the GRRRR out of anger. If you learn to handle your anger, you ' ll feel calmer and more peaceful. This can make it easier for you to get along at home, at school, and out in the world. Your family and friends will respect how well you handle your feelings. Best of all, you ' ll feel better about yourself.

## Verdick & Lisovskis w to Ta Out of Anger e R Out of Anger

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The book teaches them how to recognize anger in themselves and others, how to handle situations and emotions (loneliness, guilt, frustration, fear) that lead to or mask anger, and how to deal with the anger they feel.

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Kids need help learning to deal with anger. This book speaks directly to them with strategies they can start using immediately. Blending solid information and sound advice with humor and lively illustrations, it guides kids to understand that anger is normal and they can learn to express it in healthy ways. This revised edition addresses children's exposure to increased societal violence and includes discussion and examples of anger related to texting and social media.

Kids need help learning how to manage their anger. Blending solid information and sound advice with humor and lively illustrations, these anger-management tips guide kids to understand that anger is normal and to learn they can express it in healthy ways. The book teaches them how to recognize anger in themselves and others, how to handle situations and emotions (loneliness, guilt, frustration, fear) that lead to or mask anger, and how to deal with the anger they feel. This revised edition addresses children's exposure to increased societal violence and includes discussion and examples of anger related to texting and social media. Young readers learn that cruelty and violence are not acceptable and there are safer, more positive ways to resolve conflicts. They also discover what to do when people around them are angry, how to get help, and how to locate other resources when they need more support.

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If you learn to handle your anger, you'll feel calmer and more peaceful. This can make it easier for you to get along at home, at school, and out in the world. Your family and friends will respect how well you handle your feelings. Best of all, you'll feel better about yourself. You'll be a stronger, healthier person - guaranteed.

Kids need help learning to deal with anger. This book speaks directly to them with strategies they can start using immediately. Blending solid information and sound advice with humor and lively illustrations, it guides kids to understand that anger is normal and they can learn to express it in healthy ways. This revised edition addresses children's exposure to increased societal violence and includes discussion and examples of anger related to texting and social media.

You can be angry—and still be good. That 's normal. Through understanding what anger feels like and what triggers it, we can learn and teach healthy ways to handle it. Mad Isn ' t Bad offers kids a positive and honest view of anger—and what to do with it.

Revised classic provides a humorous take on cliques, exclusion, and real friends—updated to include online clique-tivity. Clique: It 's a word that 's spelled funny and sounds funny, and (like a vampire) can be a pain in the neck. True friends don 't make you feel left out, but for many kids, navigating social groups is tricky (because it 's cliquey), and they end up feeling excluded. This book uses humor, fun cartoons, and kid-friendly language to explain what cliques are, why being phony is baloney, why true friends don 't exclude others online or in real life, what 's more important than popularity—and how to navigate it all. The updated edition addresses online socializing and social media. The Free Spirit Laugh & Learn® Series Realistic topics, practical advice, silly jokes, fun illustrations, and a kid-centric point of view all add up to one of the most popular series young people turn to for help with school, families, siblings, and more. Kids ages 8 – 13 can tote these pocket-size guides anywhere and learn to slash stress, give cliques and rude people the boot, get organized, behave becomingly, and, in general, hugely boost their coping skills.

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