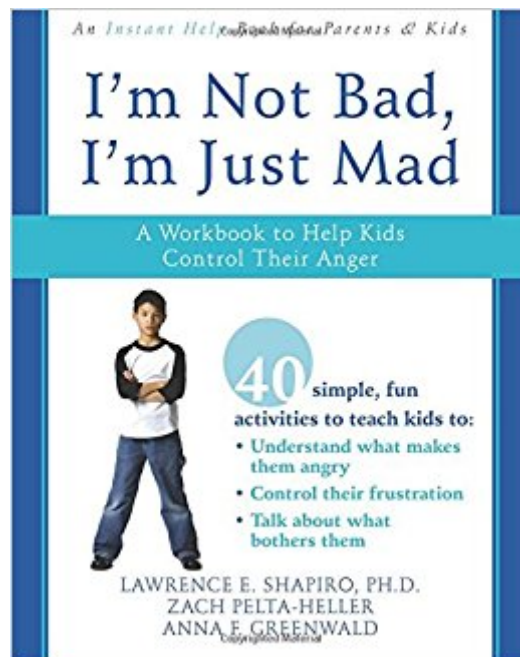




The book was found

I'm Not Bad, I'm Just Mad: A Workbook To Help Kids Control Their Anger



Synopsis

Most children learn to stop throwing temper tantrums, talking back, and refusing to go to bed or take a bath at an early age. But some children have trouble with impulsivity and self-control. Left unaddressed, these issues can lead to some very serious problems in adolescence and adulthood. Anger control problems are the number one reason that children are referred for therapy, affecting children as young as three years old. Since anger problems in children may indicate other significant concerns, it pays to address anger in kids as soon as possible. If a child in your life has an anger problem, you need the friendly, effective activities in this book. I'm Not Bad, I'm Just Mad contains forty activities for issues such as recognizing anger triggers, better problem solving, and communication tips for defusing conflict before it gets out of hand. The workbook explores common lifestyle issues such as lack of sleep that can make anger problems worse. These fun activities will help kids talk about their feelings and learn to control them.

Book Information

Paperback: 152 pages

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Best Sellers Rank: #8,824 in Books (See Top 100 in Books) #34 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Bullies](#) #128 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings](#) #367 in [Books > Children's Books > Education & Reference](#)

Age Range: 6 - 12 years

Grade Level: 4 - 5

Customer Reviews

By working through the activities in this book, children with anger control problems can develop better emotional and behavioral control. Kids will learn how to identify the things that make them angry, become better problem solvers, talk about their frustrations, and much more.

Lawrence E. Shapiro, PhD, is an internationally known child psychologist and parenting expert in Norwalk, CT. He has written over fifty books for parents, children, and mental health professionals. Zach Pelta-Heller holds an MFA in non-fiction from The New School. He is a freelance writer whose work has appeared in The Huffington Post, American Prospect, and Alternet, among other publications. Currently, he lives in Philadelphia with his wife, Anna. Anna F. Greenwald is currently pursuing her MSS at the Bryn Mawr Graduate School of Social Work and Social Research. She was previously a preschool teacher, and now resides in Philadelphia with her husband.

I am an elementary school counselor, and I like to print out copies of pages from the book, trim them down, and staple them together, making mini workbooks for my students and I to discuss and complete during individual counseling sessions. The kids love having something tangible to work on, and it facilitates discussion easily. If you make the little booklets I do, it's also something for the kids to take with them after meeting. I love the practicality of the pre-made lessons. I would definitely recommend this book and any of the others by Lawrence Shapiro in this set!

Great exercises to address many different aspects of anger management in children & teens. I'm so impressed that instead of working through this with the child who really struggles with appropriate expression of anger---I'm going to teach this to all my kids.

Very helpful for individual and group sessions with kids. Other therapists have come and borrowed my book for ideas to work with their clients on. Helps break down anger and other emotions for children 12 years old and under.

My family and I love this book. Very helpful. We can all learn from others to be better adults, parents, children, etc. We can all become better by observing, reading, and desire to learn and follow-thru. No regret in purchasing will be felt by anyone considering this book, only gratitude in a medically-type observance/studied result outcomes. Written by a PhD. -Thank you from all our family.

Most children accepted the idea that they are not bad and they relate to the book well. Easy to read and understand and very informational.

I have a neuro-typical 2nd grader (no special needs) who was having a hard time at home with her

emotions and outbursts. She would often hit her younger sisters not because that was what she wanted to do but because she had no understanding of how to calm down. This book is fantastic and the examples/exercises helped us work together without it being odd.

Great for helping young people with anger management. The book has precise exercises. The directions and exercise are easy to understand. I have found it very effective in counseling young children.

Has been very helpful working with my 6 year old son.

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