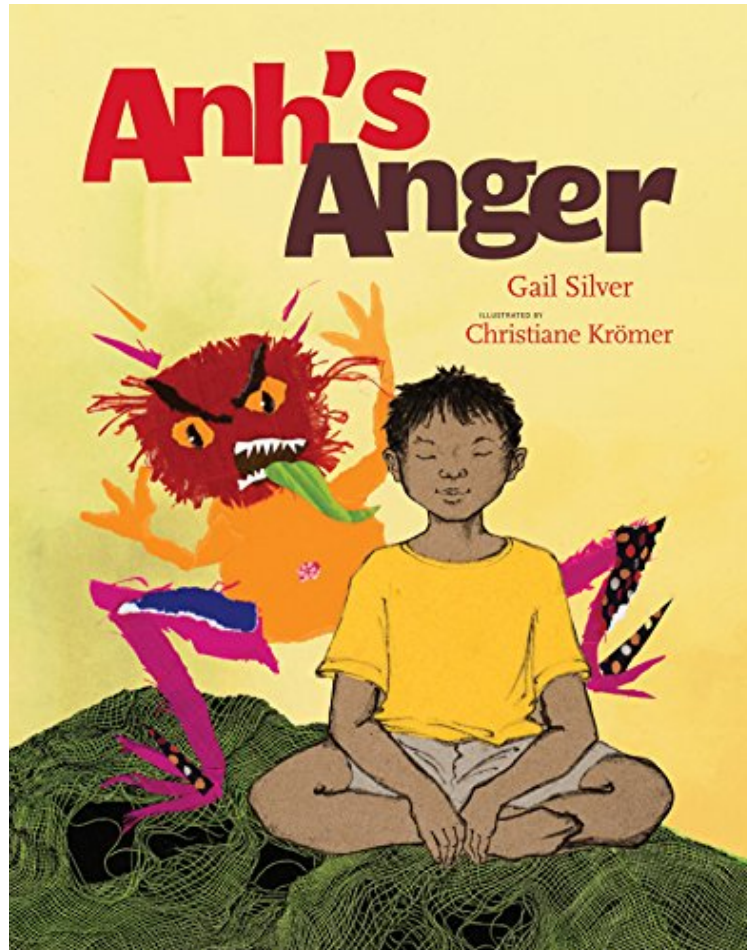


## Anh's Anger

Gail Silver

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**Gail Silver : Anh's Anger** before purchasing it in order to gage whether or not it would be worth my time, and all praised Anh's Anger:

1 of 1 people found the following review helpful. An engaging and tender story about a boy who learns about the 'other side' of anger, and the patience of unconditional love.By Blueharvest7This beautifully told and illustrated story describes Anh's direct experience with his own anger which helps him to understand and value this difficult emotion. Anh finds that anger is a kind of messenger, and that by allowing it in to explore its reason for being, instead of walling it out, his anger moves on more quickly and he feels better. Anh's grandfather's love for his grandson is quiet yet palpable, and patient. His wise and compassionate response to Anh's angry outburst is a beautiful example of love in action for the adults!1 of 1 people found the following review helpful. Great teaching toolBy Luvs 2 ReadWhat a great book for teaching children how to deal with their emotions. I still use its methods with my daughter, who is 5. It doesn't work every time, but it does help calm her a bit to have her go to her room and "sit with her Anger". We first read "Steps and Stones", where Anh runs into Anger again and successfully deals with him.2 of 2 people found the following review helpful. Good Tool for Grandparents, Too!By Diann in L.A.Knowing that my 6 year-old grandson

deals poorly when his anger appears, I armed myself with this book for just the time when the grandkids would visit. At just the right time (when my grandson was frustrated and angry with 2 or 3 activities by 10 am), I called him and his 9 year-old sister in, and sat down and read this book to both of them. By about the 4th page, he suddenly caught on that little Anh was feeling the same way he was feeling, and a slow smile crept across his face. At the end of the story, he said to me: "Grandma, did you pick this book to read to me because I was angry?" I said "yes." Both grandchildren grinned; then agreed on a way to play together that pleased both of them. The tension went from thick to non-existent. I'll be ordering more of the books. What a wonderful way to teach lessons about real-life emotions.

This wonderful and engaging story gives children and caregivers a concrete practice for dealing with anger and other difficult emotions. In *Anh's Anger*, five-year-old Anh becomes enraged when his grandfather asks him to stop playing and come to the dinner table. The grandfather helps Anh fully experience all stages of anger by suggesting that he go to his room and, "sit with his anger." The story unfolds when Anh discovers what it means to sit with his anger. He comes to know his anger in the first person as his anger comes to life in full color and personality. Anh and his anger work through feelings together with humor and honesty to find a way to constructively release their thoughts and emotions and to reach resolve with Anh's grandfather. The story is beautifully illustrated with handmade collages by New York artist and children's book illustrator Christiane Kromer. Each collage is a mix of paper, acrylic, and cardboard, and found materials. The materials reflect the connection between the characters and their environment and are indicative of the wide range of emotions that come together in the story. *Anh's Anger* teaches children that it is okay to feel angry, and shows the technique, often used by child therapists, of externalizing the emotion. Through taking time to "sit" with his anger, a young child is able to see his anger and talk to it and together they move through the journey of experiencing the different stages of anger until the feeling subsides and finally resolve. *Anh's Anger* differs significantly from other books on anger resolution techniques in showing that the child is able to talk about what transpired and accept responsibility for hurtful things that he may have said or done. The author's intention is to help parents understand that there is an alternative to "time out" as a means of helping children to express themselves when feeling angry, while providing children with a mechanism for internal dialogue during a "time out" or when "sitting" with their anger. Through reading the story, children will learn to acknowledge anger when it arises, understand the cause of their anger, and ultimately feel safe expressing themselves and accepting accountability for their actions when appropriate. By learning these skills, children, will grow comfortable with them and carry them into adulthood with ease and confidence. *Anh's Anger* is the first in a planned series of three books with these characters.