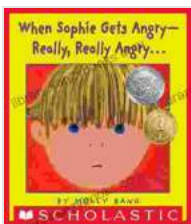


# When Sophie Gets Angry, Really Really Angry



## When Sophie Gets Angry--Really, Really Angry...

★★★★☆ 4.5 out of 5

Language : English

File size : 7396 KB

Print length : 36 pages

Lending : Enabled



**A Story for Children About Managing Anger**

When Sophie Gets Angry, Really Really Angry is a story for children about managing anger. It teaches children how to identify their anger, understand why they're feeling angry, and develop healthy ways to express their anger.

Sophie is a young girl who gets angry very easily. She gets angry when her toys are taken away, when she doesn't get what she wants, and when things don't go her way.

One day, Sophie gets so angry that she starts to scream and cry. Her parents try to calm her down, but nothing seems to work. Finally, Sophie's parents take her to see a therapist.

The therapist helps Sophie to understand why she gets angry. She learns that anger is a normal emotion that everyone feels sometimes. She also learns that there are healthy ways to express anger, such as talking about it, drawing a picture, or going for a walk.

Sophie starts to practice the healthy ways to express her anger. She learns to take deep breaths, count to ten, and talk to her parents about how she's feeling.

Over time, Sophie learns to manage her anger better. She still gets angry sometimes, but she no longer lets her anger control her. She is able to express her anger in healthy ways, and she is able to calm herself down when she gets angry.

**When Sophie Gets Angry, Really Really Angry is a valuable resource for parents and educators. It is a great way to teach children about anger management and help them to develop healthy ways to express their anger.**

Free Download your copy of When Sophie Gets Angry, Really Really Angry today!

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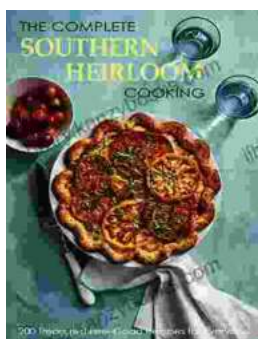
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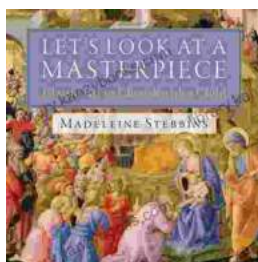
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