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ANGER
AND
RAGE

LET'S TALK ABOUT EMOTIONS
BE COOL



ALBATROS



LET'S TALK ABOUT EMOTIONS

BE COOL

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Get ready to meet Peter, his family, and friends in this special book! It's all about staying cool when things get tough. Join Peter as he learns how to handle anger and rage in a super cool way. You'll learn with him, and soon you'll know how to stay calm too. Let's dive into this exciting adventure together!

EMOTIONS

So many people have so many emotions. Our day is all about emotions. It's strange that sometimes we **GET UPSET** over a little thing and other times we're **CALM** and **SMILING**, even though everyone might be **BOTHERING US**. It might be a parent forcing us to clean up after ourselves, a difficult homework assignment, or a moody friend.



IT'S TOO HIGH!

STUPID CASTLE

IT'S FUNNY TO SEE EVERYTHING UPSIDE DOWN!

MY DOG DIED YESTERDAY

DID I CLOSE THE DOOR?

GO AWAY! I WAS HERE FIRST!

DOGIE WATCH OUT!!

Nobody wants to play with me...

UUAAAA

INJUSTICE

And no cheating.
Remember, you have
to do this for yourself
and not for the grade.

Peter, let me copy it please!



That was
easy!

Ugh,
finally done!

It was hard!

I did well!

Peter, David. Your tests are exactly the same.
What do you have to say?

Mrs. Tabbert,
Peter was copying
me the whole time.

That's not true!

He was copying me!
I think you should
test us both again
right now,
Mrs. Tabbert.

AND DAD CAN GET ANGRY TOO

I should clean the greenhouse before winter comes.

Monica, Thomas, Jim!
Let's go clean the greenhouse.
Meet me in the kitchen
in 15 minutes!!

It's about time!

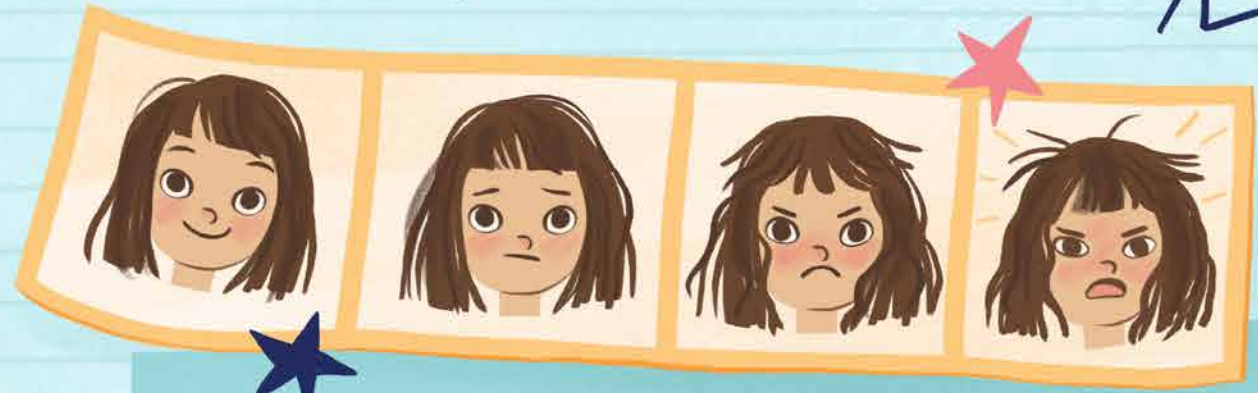


10 MINUTES LATER ...



HOW TO USE YOUR ANGER TO YOUR ADVANTAGE?

WHAT TO DO?



Anger and rage never exist on their own. There is always some repressed emotion behind them, such as **LONELINESS, FEAR, WORRY, BOREDOM, OR FRUSTRATION.** YOU SHOULD NEVER UNDERESTIMATE YOURSELF.

Use your anger as **FUEL** to drive you towards improving or addressing whatever caused your anger. Anger can be a **POWERFUL MOTIVATOR** for personal growth and **POSITIVE CHANGE.**

JUST THINK OF WHAT YOUR ANGER COULD HELP YOU ACHIEVE.



MISTAKES HELP ME TO LEARN

I AM BRAVE

I AM UNIQUE

I AM LOVABLE

ALL MY FEELINGS ARE OKAY

I CAN DO HARD THINGS

HOW TO BE COOL?



LIFE IS BEAUTIFUL! There's no need to spoil it with anger and rage. On the other hand, anger and rage are meant to **PROTECT US**, so it is good to work through your anger, and then work with it. We should let it pass through us – and then **LET IT FLY OFF INTO SPACE**. Observe what makes you feel good when you feel angry. Eventually you will be able to reason with your anger and shout it out into space, box it into a pillow, or just vent it somewhere private. It's a proven fact that anger and rage are not good for our bodies, especially when they occur too often.

A NICE AND RELAXING WORLD AWAITS FOR THOSE WHO LEARN TO WORK WITH THEIR EMOTIONS. SO GOOD LUCK!

This title was co-authored by child psychologist Mgr. Andrea Slaba, who quite often deals with different emotions in children directly in her practice. We very much appreciate her cooperation. Borghild Marie the illustrator enthusiastically gave our main characters their appearances. Thanks to her, a lot of emotions flow from the title, don't you think? Big thanks for her approach and unique style. The design of the book was done by Barbara, who worked closely with Borghild Marie and the graphic designer. And she did a great job! Our colleague Scott also made sure that the book was a beautiful read for children and parents alike. Thank you, Scott! The idea for this book was conceived in the mind of Joli who always has in mind that children should have fun while learning something interesting and perhaps new.

Don't be afraid to talk about your emotions! We wish you fun, laughter, and all the good emotions with our book, whether you read it at bedtime, in the car, or in a hammock.

LET'S TALK ABOUT EMOTIONS

BE COOL

If you're looking for a book that will encourage children to have conversations about their **ANGER** and **RAGE**, this is the one.

This comic-style book is designed for children to easily understand it. The helpful hints and advice given in each of the situations make learning fun, not just something you do at school or home.



EDUCATION



FAMILY FUN
INTERACTION



FUN
ACTIVITY



TARGET
GROUP

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