

Helping ALL Children to Understand and Regulate their Own Feelings of Anger, Anxiety and Disappointment

Three wonderful picture books to teach **EVERYONE** about the emotions anger, anxiety and disappointment.

K.I. Al-Ghani's has a wonderful series of children's picture books which help teach children about the emotions of anger, anxiety and disappointment. They are all divine books and can be read to an individual child or whole class. It can give children a chance to talk about their own feelings and express a desire to help themselves in a more positive and soothing way.

The stories make it clear that anger, anxiety and disappointment are emotions shared by everyone. However, it is the way in which we deal with these emotions that really matters to our personal well-being. The techniques suggested in this book can be taught to a whole class. At the back of each book are a range of fantastic activities and strategies for children.

One of the wonderful aspects of these books is it helps other children understand why children with autism spectrum act and react the way they do. It is very important to talk to children about how to be sympathetic towards other children when they notice them becoming angry, anxious or disappointed. I often get asked HOW to discuss this with other children – and I think reading a book like these is a great starting point for the conversation.

Seven great activities to do after reading *The Red Beast*, *The Panicosaurus* and *The Disappointment Dragon*

1. Make a list of things that make children feel angry, anxious and disappointed.
2. Discuss what happens to the body when children become angry, anxious and disappointed.
3. Make a list of times when the children have experienced their own "Red Beast", "Panicosaurus", or "Disappointment Dragon".
4. Make a list of what children have done to calm themselves.
5. Discuss how to be supportive when you see other children experiencing these emotions.
6. I highly recommend making a poster and displaying for children to refer back to, that has each emotion (see below).
7. Make an individual book which the child with ASD can refer back to that has photos of them using the strategies to manage emotions. You may also like to include success stories where they used the strategies.

Have you ever felt What made you feel this way (angry, anxious, disappointed)	How did you react? Did you feel in your body anywhere?	What helped to change the emotion/feeling?

Take photos of people's faces they know being angry, anxious and disappointed (great if allowed to use classmates). Add the photos to the posters to also help recognise other people's emotions.

Beautiful Books for Teaching About Emotions

The Disappointment Dragon: By K.I. Al-Ghani = DISAPPOINTMENT

The Disappointment Dragon sometimes comes to see us all and, if we let him, he can make us feel sad or angry. The fun characters in this charming, fully illustrated storybook will help children to cope with, and discuss openly, their feelings of disappointment. There are many creative suggestions on how to banish the Disappointment Dragon and an introduction for adults explaining disappointment in children and how they can help.

CODE B41 **\$35 (incl P & H)**



The Panicosaurus: By K.I. Al-Ghani = ANXIETY

This fun, easy-to-read and fully illustrated storybook will inspire children who experience anxiety, and encourage them to banish their own Panicosaurus with help from Mabel's strategies. Parents and carers will like the helpful introduction, explaining anxiety in children, and the list of techniques for lessening anxiety at the end of the book.

CODE B39 **\$35 (incl P & H)**



The Red Beast: By K.I. Al-Ghani = ANGER

This vibrant, fully illustrated children's storybook is written for children aged 5+, and is an accessible, fun way to talk about anger, with useful tips about how to 'tame the red beast' and guidance for parents on how anger affects children with Asperger's Syndrome.

CODE B38 **\$35 (incl P & H)**

