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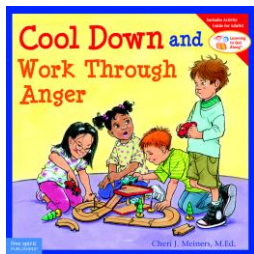
Meeting kids' social,
emotional & educational
needs since 1983

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**COOL DOWN AND
WORK THROUGH ANGER**

by Cheri J. Meiners, M.Ed.

“A delightful addition to the series. I particularly like the focus on what kids can do to handle their anger more constructively, rather than focusing on what *not* to do. . . . Will appeal to kids as well as those who work with them.”

—James J. Crist, Ph.D., author
of *What to Do When You're
Scared and Worried* and *Mad*

**New Book Helps Young Children Manage
Strong Feelings and Behavior**

**For
Immediate
Release!**

“Cool Down and Work Through Anger is an excellent book for helping children understand this unpleasant but normal emotion. The book takes an evidence-based approach, which is recommended in the early childhood field and gives very helpful strategies for helping children deal with anger.”
—Marian Marion, Ph.D., Professor, Early Childhood Education, Governors State University

Minneapolis, MN—It's never too early for children to learn to recognize and manage feelings of anger—after all, everyone gets angry sometimes. **COOL DOWN AND WORK THROUGH ANGER** (Free Spirit Publishing, \$10.95) by Cheri J. Meiners, M.Ed., helps young kids learn to express strong feelings and build skills for coping in helpful, appropriate ways.

With **COOL DOWN AND WORK THROUGH ANGER**, children learn that it is okay to feel angry—but not okay to hurt anyone with actions or words. They discover concrete social skills for anger management: self-calming, thinking, getting help from a trusted person, talking and listening, apologizing, being patient, and viewing others positively. Reassuring and supportive, the book helps preschool and primary school children see that when they manage their strong emotions, they can feel peaceful again.

Part of Free Spirit's popular Learning to Get Along® series and presented in a social story format, **COOL DOWN AND WORK THROUGH ANGER** helps children learn to behave responsibly toward themselves and others as they develop the skills of anger management. Every book in the series is presented in a social story format and includes a special section for adults. Games, role play scenarios, discussion questions, and activities provide ways for teachers, parents, and caregivers to reinforce the skills being taught. The books include warm, colorful illustrations of a diverse group of children to provide realistic examples of situations and behaviors that young children relate to.

COOL DOWN AND WORK THROUGH ANGER is an ideal resource for home, school, and childcare settings. When children understand and learn important basic social skills, they are better prepared for successful interactions with teachers, family, and friends.

COOL DOWN AND WORK THROUGH ANGER

by Cheri J. Meiners, M.Ed.

ISBN 978-1-57542-346-3 • \$10.95 • Softcover • 40 pp. • full-color
• 9" x 9" • for ages 4–8



About the Author

Cheri J. Meiners, M.Ed., has her master's degree in elementary education and gifted education. A former first-grade teacher, she has taught education classes at Utah State University and has supervised student teachers. Cheri and her husband, David, have six children. They live in Laurel, Maryland.



About Free Spirit Publishing (www.freespirit.com)

Meeting kids' social, emotional, and educational needs since 1983

Headquartered in Minneapolis, Minnesota, Free Spirit is the leading publisher of learning tools that support young people's social-emotional and educational health. Free Spirit's mission is to help children and teens think for themselves, succeed in life, and make a difference in the world.