

Anger

La colère

Books / livres

1-2-3 a calmer me: helping children cope when emotions get out of control / Patterson, Colleen.

Washington, DC: Magination Press, 2016.

FAM BF 723 .A5 P27 2016

This book introduces children to a simple rhyme they can use to slow down their bodies and stop mad feelings from spinning out of control. It includes a "Note to Parents, Teachers, and Other Grown-Ups" with more information about the steps of the "1-2-3" rhyme, and advice for working through the steps with your child. For ages 4-8.

The ABC's of anger / Ali, Ray.

Duluth, MN: Whole Person Associates, 2006.

FAM BF 575 .A5 A4 2006

Stories and pictures help children identify the reasons for anger and frustration, and find effective ways to deal with those feelings.

Champion pour maîtriser sa colère: un livre pour les 6-12 ans sur la colère / Huebner, Dawn.

Saint-Lambert, PQ: Éditions Enfants Québec, 2009.

FAM BF 575 .A5 H8314 2009

La colère est une émotion forte qui peut être déclenchée par une parole blessante, un refus à une demande ou un geste qu'on n'apprécie pas. Les techniques proposées dans ce livre sont basées sur les principes de l'approche cognitivo-comportementale, utilisée par les psychologues, pour maîtriser la colère.

Don't rant & rave on Wednesdays!: the children's anger control book / Moser, Adolph J.

Kansas City, MO: Landmark Editions, 1994.

FAM BF 575 .A5 M67

Suggests some possible causes of anger and how to reduce the amount of anger you feel.
Appropriate for Ages: 4-8 years.

Fantastique moi calme sa colère / Couture, Nathalie; Marcotte, Geneviève; Berghella, Nadia (ill.)

Québec: Midi trente éditions, 2018.

FAM BF 575 .A5 .C68 2018

Dans ce tout nouveau guide d'intervention illustré, Fantastique Moi et le petit Frü aideront l'enfant à : mieux comprendre les mécanismes impliqués dans la colère ainsi que la manière dont elle s'exprime dans son corps, dans ses pensées et dans ses comportements; acquérir des outils utiles pour gérer sa colère; explorer les autres émotions derrière la colère et les réveille-colère, c'est-à-dire les déclencheurs de celle-ci; repérer les pensées qui induisent de la colère et à trouver des stratégies permettant de les nuancer.

Feeling angry / Althea Braithwaite.

Milwaukee, WI: Gareth Stevens Publishing, 1998.

FAM BF 575 .A5 A48

Uses colour photographs of children with text bubbles containing information about anger.
Random organization of book makes it hard to understand.

Grrr!!!: comment surmonter ta colère: guide pratique pour enfants colériques / Lisovskis, Marjorie; Verdick, Elizabeth.

Québec: Midi trente, 2017.

FAM BF 575 .A5 V38 2017

Il faut apprendre à maîtriser ta colère pour ne pas qu'elle gâche ta vie ou celle des autres. Parce que vois-tu, avoir un tempérament colérique, ce n'est vraiment pas cool! Mais ne t'inquiète pas: tu es capable de dominer ta colère. Ce petit guide pratique, conçu spécialement pour toi, te propose justement des moyens efficace pour y parvenir. Ages 9-12.

Helping your angry teen: how to reduce anger and build connection using mindfulness and positive psychology / Abblett, Mitch R.

Oakville, CA: New Harbinger Publications, Inc., 2017.

FAM BF 575 .A5 .A22 2017

Written by a psychologist and teen expert, this book offers techniques based in mindfulness, compassion, and positive psychology to help face the challenges that parenting an angry teen presents. Discover the clinical and psychological underlying conditions that can contribute to teen anger, skills for improving communication, and mindfulness tips for staying calm.

How to take the grrrr out of anger / Verdick, Elizabeth; Marjorie Lisovskis.

Minneapolis, MN: Free Spirit Publishing, 2015.

FAM BF 575 .A5 V48 2015

This book teaches them how to recognize anger in themselves and others, how to handle situations and emotions (loneliness, guilt, frustration, fear) that lead to or mask anger, and how to deal with the anger they feel. This revised edition addresses children's exposure to increased societal violence and includes discussion and examples of anger related to texting and social media.

Howard B. Wigglebottom learns it's ok to back away / Binkow, Howard.

Thunderbolt Publishing, 2010.

FAM BF 575 .A5 .B56 2010

Howard B. Wigglebottom learns a valuable lesson about anger and how to deal with it after being put in time-out during school for reacting negatively after not getting his way.

Is it right to fight?: a first look at anger / Thomas, Pat.

Hauppauge, NY: Barron's, 2003.

FAM BF 575 .A5 2003

A book to Help children understand that it's often all right to be angry, but that it's always best to resolve conflicts in a peaceful way.

Josh's smiley faces: a story about anger / Ditta-Donahue, Gina.

Washington, DC: Magination Press, 2003.

FAM BF 575 .A5 D58 2003

When Josh gets angry, he throws his toys and even hits his little brother. Josh starts to use his words and feel more 'smiley'. Appropriate for ages: 3-6 years.

Mindfulness for teen anger: a workbook to overcome anger & aggression using MBSR & DBT skills / Purcell, Mark C.; Murphy, Jason R.

Oakland, CA: New Harbinger, 2014.

FAM BF 575 .A5 P87 2014

Being a teen in today's world is hard, and often teens struggle with feelings of anger toward themselves, their parents, and their friends. Using mindfulness-based stress reduction (MBSR) and dialectical behavioral therapy (DBT), this book teaches teens the difference between healthy and unhealthy forms of anger. Teens will learn to make better choices, stop overreacting, find emotional balance, and be more aware of their thoughts and feelings in the moment.

The penguin who lost her cool: a story about controlling your anger / Sobel, Marla.

Plainview, NY: Childsworld/Childsplay, 2000.

FAM BF 575 .A5 S62

An angry penguin, Penelope, learns some techniques to overcome her anger. Appropriate for ages: 4-8 years.

Taming monster moments: turning on soul lights to help children handle their fear and anger / Porter, Daniel J.

New York: Paulist Press, 1999.

FAM BF 723 .F4 P67

A guide for children on handling their fear and anger. Appropriate for ages: 4-8 years.

What to do when your temper flares: a kid's guide to overcoming problems with anger / Huebner, Dawn.

Washington, DC: Magination Press, 2007.

FAM BF 575 .A5 H84 2007

This book will guide children and their parents through the cognitive-behavioural techniques used to treat problems with anger. Engaging examples, lively illustrations, and step-by-step instructions teach children a set of "anger-dousing" methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids.

When Sophie gets angry--really, really angry... / Bang, Molly.

New York: Scholastic, 2004.

FAM BF 575 .A5 .B26 2004

When Sophie gets angry, she goes outside and runs, cries, climbs her favorite tree--and then, calmed by the breeze, she is soon ready to go back home.

Websites / sites internet**Kids Health – Information for Kids, Teens and Parents from the Nemours Foundation**

<http://kidshealth.org/>

Controlling Anger Before It Controls You - American Psychological Association

<http://www.apa.org/topics/anger/control.aspx>

Temper Tantrums – Manitoba Health

<http://www.gov.mb.ca/health/documents/temper.pdf>

Les crises de colère – Santé Manitoba

<http://www.gov.mb.ca/health/documents/temper.fr.pdf>

Kids Help Phone / Jeunesse J'écoute

<https://kidshelpphone.ca/>

Aggression in Youth – Health Link BC

<https://www.healthlinkbc.ca/health-topics/abp2631>

Anger – Kids Matter

<http://www.kidsmatter.edu.au/families/resources-support-childrens-mental-health/about-feelings-and-emotions/anger>

**Anger Management for Young Children – About Kids Health
Maîtrise de la colère – About Kids Health**

<http://www.aboutkidshealth.ca/en/healthaz/familyandpeerrelations/attachmentandemotions/pages/angermanagement.aspx>

**Understanding Anger and Anger Management – CMHA
Comprendre la colère et la gestion de la colère – ACSM**

<https://ontario.cmha.ca/documents/understanding-anger-and-anger-management/>

Apps**Breathe, Think, Do with Sesame**

Free

Last updated March 2016

From Google Play: Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. Tap and touch to help the monster friend take deep breaths, think of plans, and try them out! Your child will enjoy silly animations and playful interactions as she is exposed to important emotional vocabulary, a calm breathing technique, personalized encouragements, and more! PLEASE NOTE: Breathe, Think, Do with Sesame is a very robust app and requires a strong Wi-Fi connection to ensure a complete download process.

Available from [Google Play](#) and [iTunes](#)

Local contacts / Liaison régionale

Distress Centre of Ottawa

P.O. Box 3457, Station C

Ottawa, ON K1Y 4J6

Crisis phone: 613-238-3311

Business phone: 613-238-1089

Fax: 613-722-5217

office@dcottawa.on.ca

<http://www.dcottawa.on.ca/>

Crossroads Children's Mental Health Centre

1755 Courtwood Crescent

Ottawa, ON K2C 3J2

613-723-1623

reception@crossroadschildren.ca

<https://www.crossroadschildren.ca/>

Kids Help Phone

Jeunesse J'écoute

<https://kidshelpphone.ca/>

1-800-668-6868

Text CONNECT to 686868 to chat with a volunteer Crisis Responder 24/7

Tu as besoin d'aide tout de suite? Texte PARLER au 686868

Canadian Mental Health Association - Ottawa-Carleton Branch Association canadienne pour la santé mentale – Section Ottawa

1355 Bank Street, Suite 301

Ottawa, ON K1H 8K7

Phone: 613-737-7791

general@cmhaottawa.ca

<https://ottawa.cmha.ca/>

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If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at library@cheo.on.ca.

Ce guide fournit du matériel médical pour informations seulement et ne vise pas à remplacer les conseils du médecin. Ces informations pourraient ne pas toujours s'appliquer aux situations individuelles.

Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.

Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à library@cheo.on.ca.

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