

Learn About Your Anger

In *I Am a Thundercloud* by Leah Moser, a child is having a bad day – and BOOMS, ROARS, CRASHES, and CRACKLES like an angry thundercloud. The sounds and colors of nature reflect on the outside what they feel on the inside.

We all feel like a thundercloud sometimes, but one thing that can help us feel better is understanding our anger.

Use the worksheet below to explore what the feeling of anger is like for you.



When I am angry, I feel like:

Circle one of the answers below.



a bolt of lightning



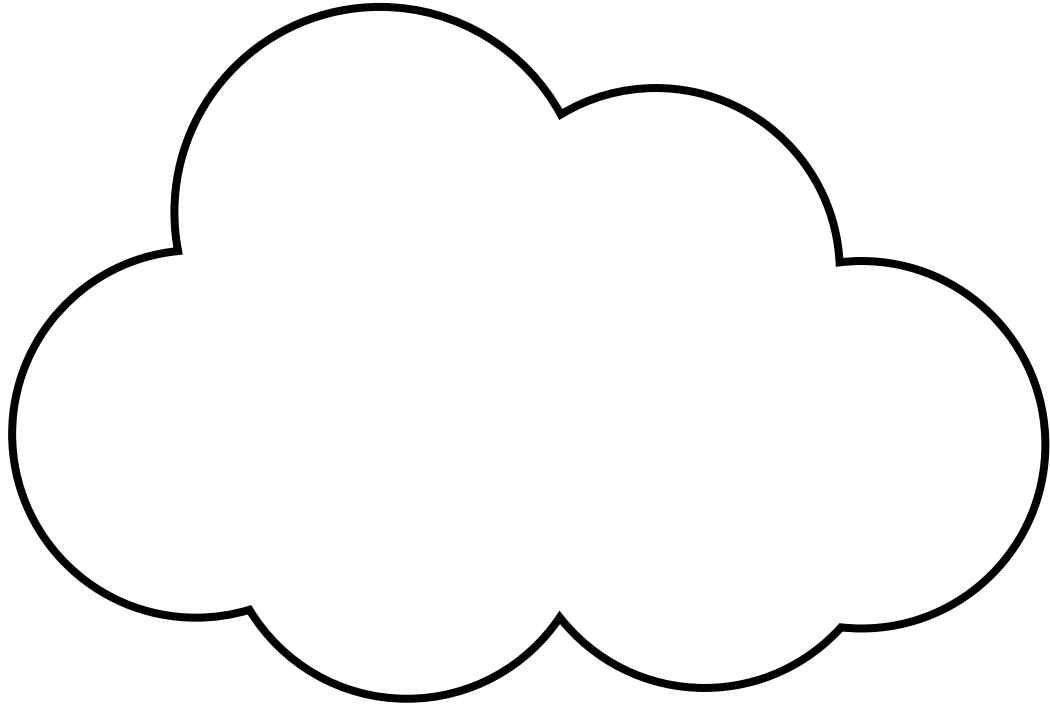
a roaring thundercloud



a crashing wave

In a few sentences, explain your choice:

In this thundercloud, draw the things that make you feel angry:



Now, circle the things that help you feel better when you're mad. It's OK if you circle more than one!

- Thinking about it alone
- Talking about it with someone you love
- Breathing deeply
- Stretching
- Going for a walk
- Sitting outside
- Coloring or drawing
- Laying down

Is there something else that helps you calm down when you're angry? Write it here:

Always remember, it is natural and okay to feel angry sometimes. This is part of being human! Our feelings tell us all about ourselves, and we can learn from every single one of them.



Activity inspired by I Am a Thundercloud
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