

THE ANGER

ABC'S



By Jennifer Anzin & Cathy Kerr
Design and Illustration Jason Maher

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**With input from the staff at
Etobicoke-York Early Childhood Services,
Community Living Toronto**

Dedicated to the children we serve

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Design and Illustration Jason Maher

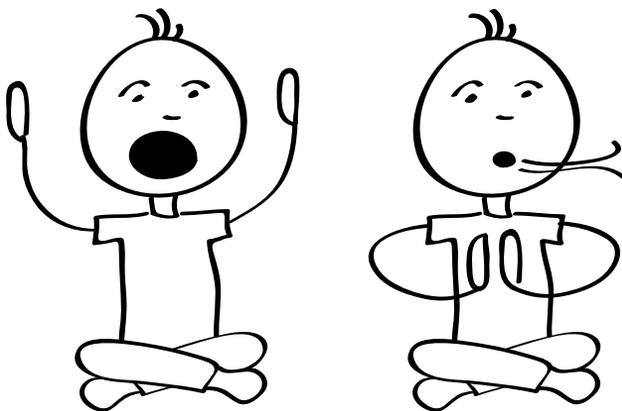


A

is for the anger you might feel inside.

B

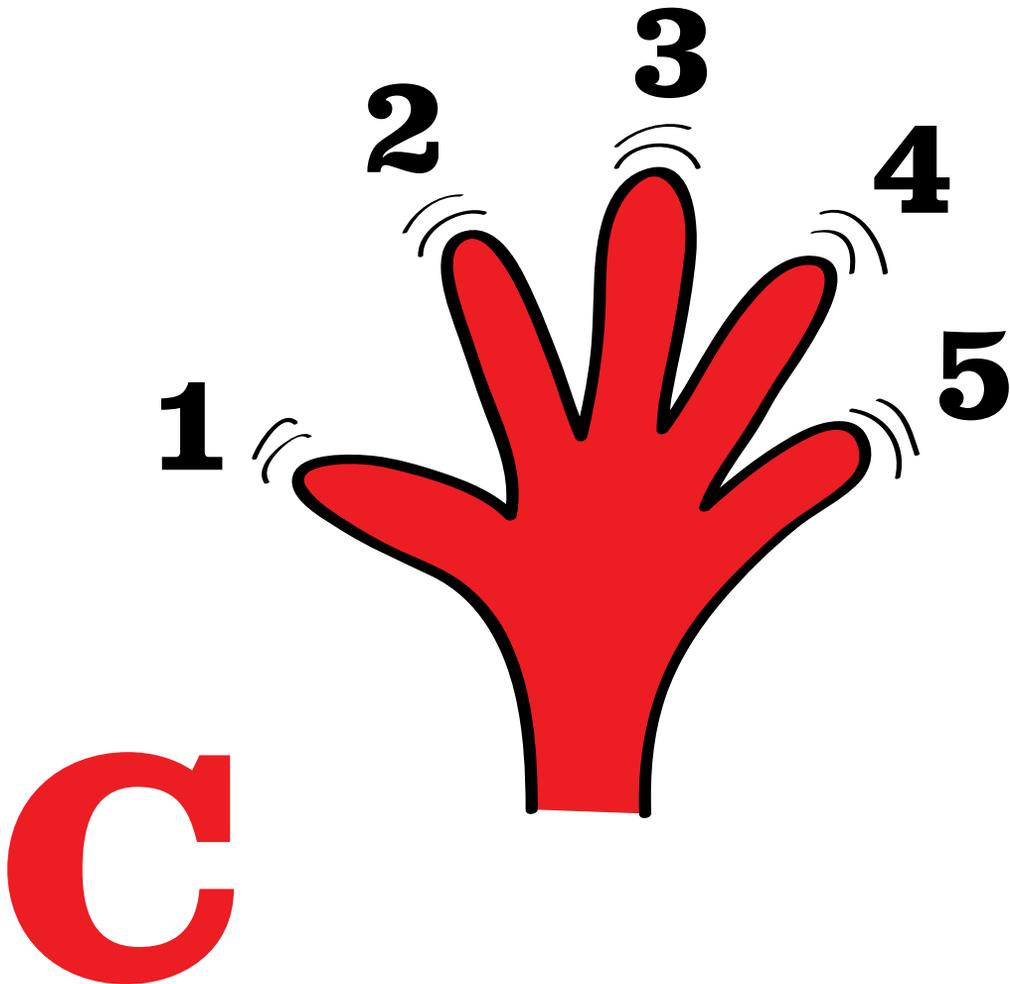
is for the balloon breath yoga that acts as a guide.



Balloon Breath

Sit with your legs crossed and your back straight. Put the palms of your hands together at the centre of your chest. Breathe in deeply and raise your arms up above your head in the shape of a big balloon. Then breathe out and bring your arms back down so that the palms are together at the centre of your chest.

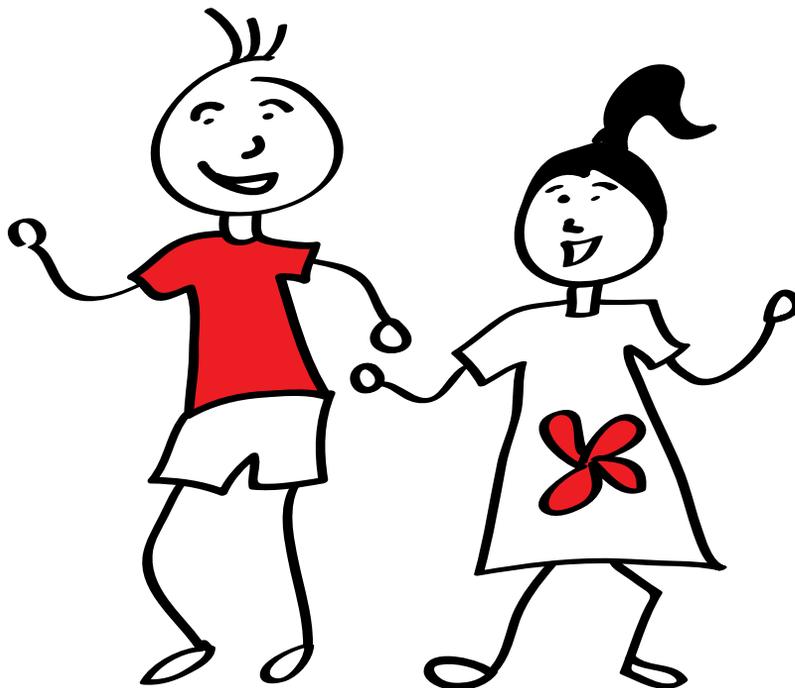
Begin by taking three big balloon breaths.

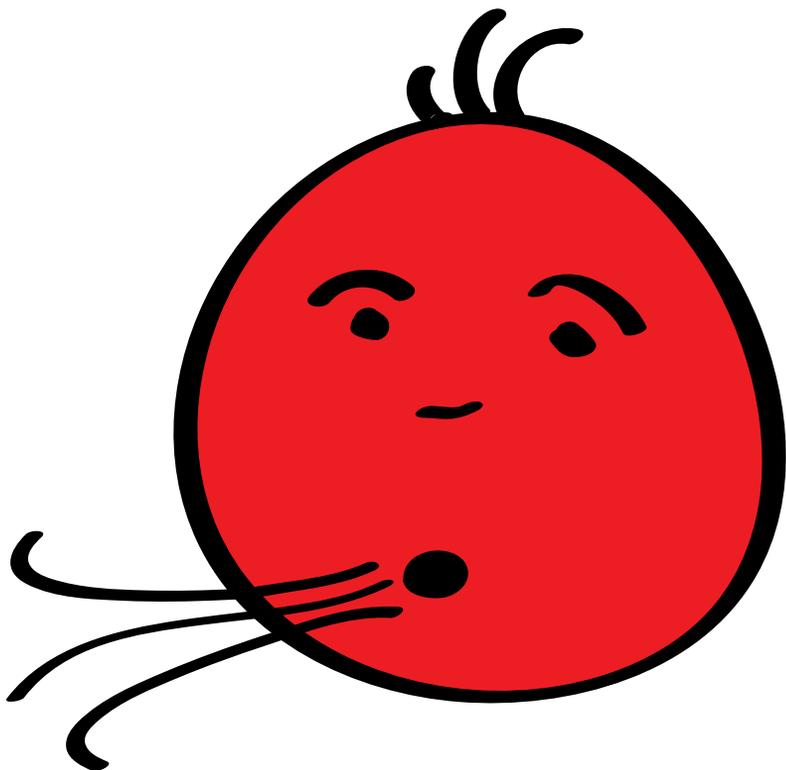


is for counting to five on your fingers.

D

is for dancing your anger away and it won't linger.



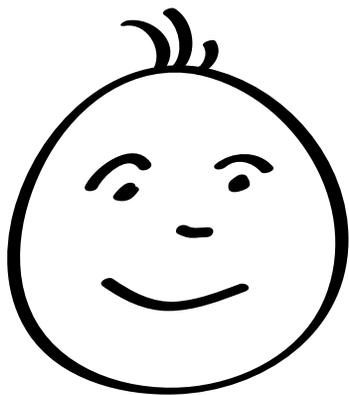


E

is for exhaling, let your deep breath come out.

F

is for feeling better, so you don't scream and shout.



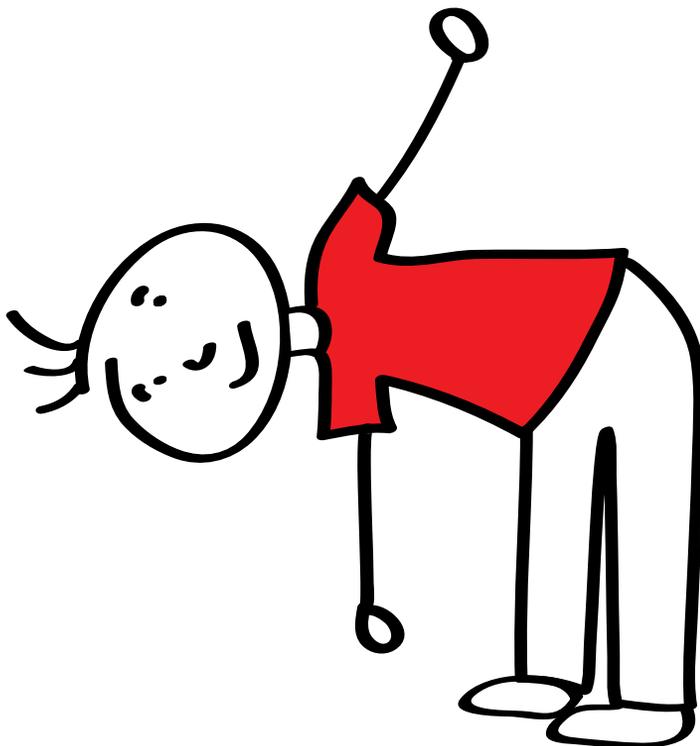


GHI

Give yourself time to think, exercise, here you go.

JKL

Jump rope, calm down, then touch your toes.



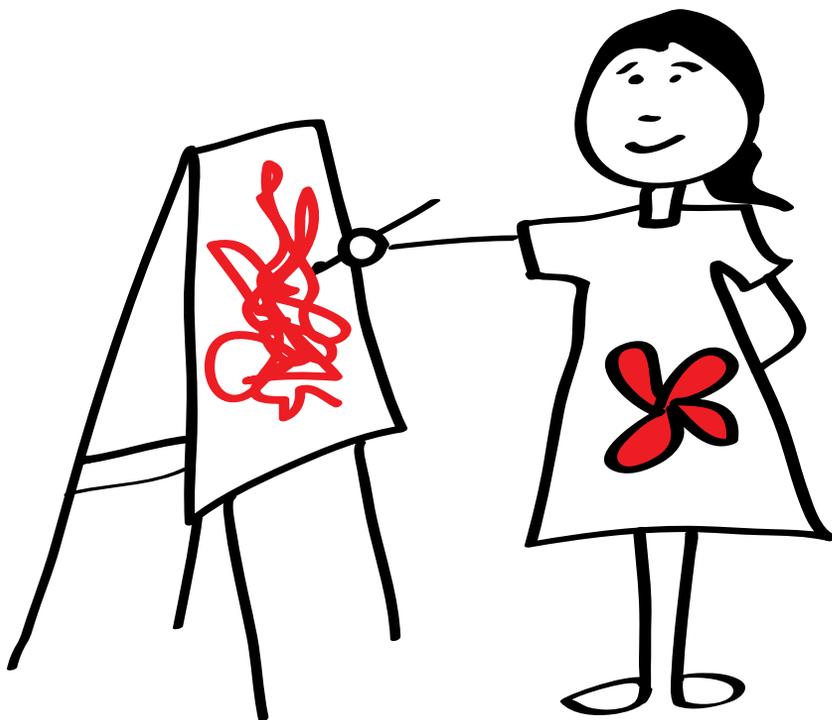


MINO

Make yourself feel better, let go of your woes.

P

is for painting. Please don't pick a fight.



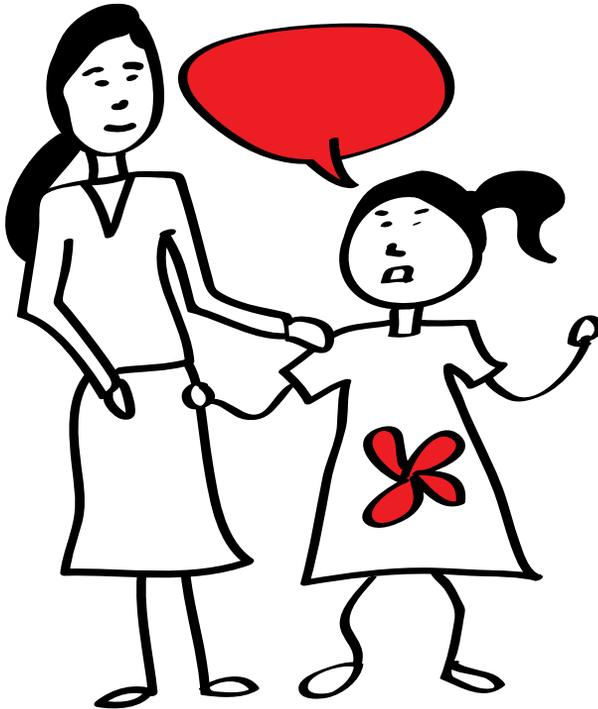


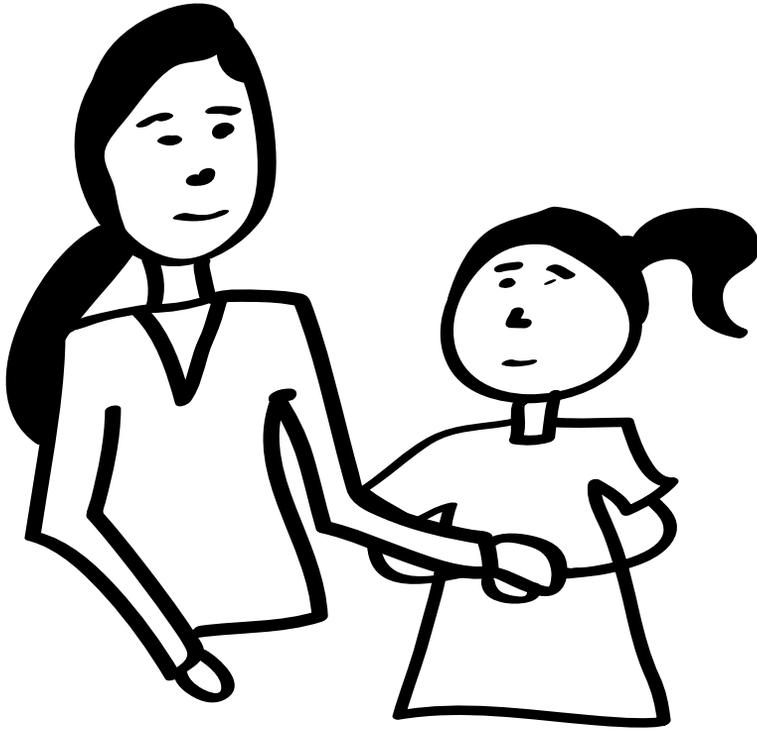
Q,R,S

Sing a song to feel better, tell your anger goodnight.

T

is for talking to an adult.



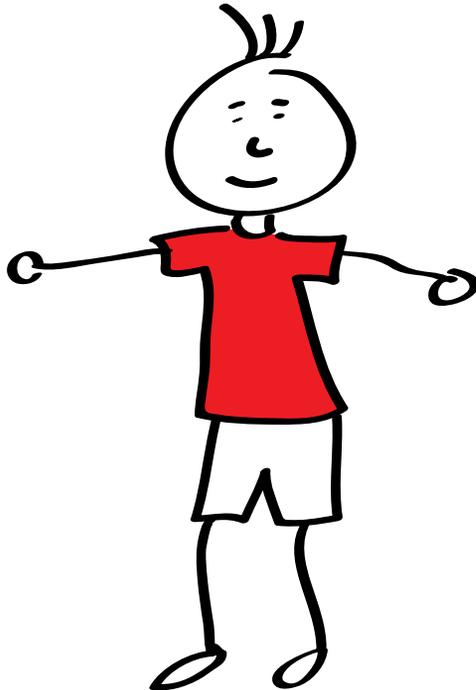


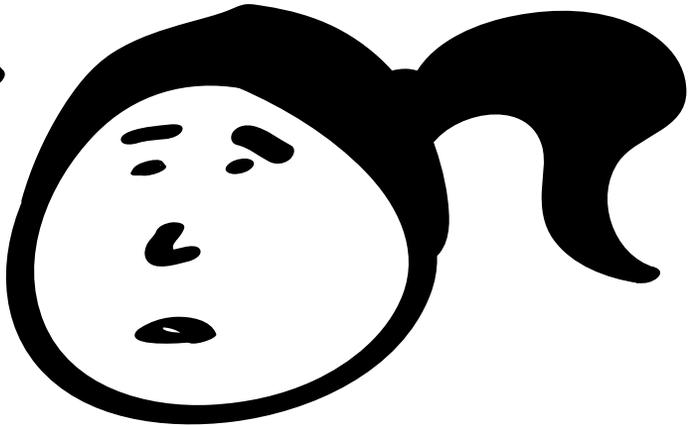
U

is for how understanding they'll be.

V

is for volunteer. “I feel angry”.
Stand up tall and make a tree.



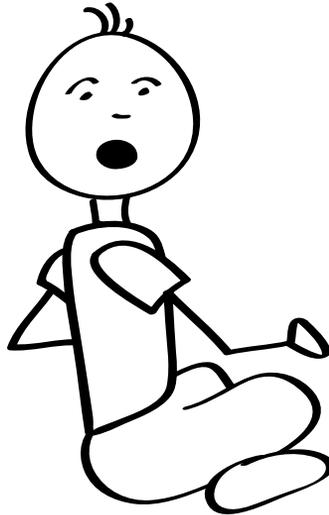


WX

Words will deal with your anger, X is next it is true.

Y

Yoga helps with the feeling. Do the train...



Train Pose

Sit with your legs crossed. Bring your arms to your sides with your elbows bent. Make fists with your hands. As you move one arm out straight in front, breathe in. As you move the other arm out, bring the first arm back to your side and breathe out through your nose. Repeat several times.

Z

or a lion at the zoo.



Lion Pose

Kneel on the floor with your hands at your sides. Breathe in through your nose as you raise your arms to face level and breathe out roaring like a lion.



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