

# Starving the Anger Gremlin

A COGNITIVE  
BEHAVIOURAL THERAPY  
WORKBOOK ON ANGER  
MANAGEMENT

FOR CHILDREN  
AGED 5-9



KATE COLLINS-DONNELLY



**Starving**

**the**

**Anger**

**Gremlin**

**FOR CHILDREN AGED 5–9**

*by the same author*

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on Anxiety Management**

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Jessica Kingsley *Publishers*  
London and Philadelphia

First published in 2014  
by Jessica Kingsley Publishers  
73 Collier Street  
London N1 9BE, UK  
and  
400 Market Street, Suite 400  
Philadelphia, PA 19106, USA

*www.jkp.com*

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Anger Gremlin illustrations copyright © Tina Gothard 2014

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#### **Library of Congress Cataloging in Publication Data**

Collins-Donnelly, Kate.

Starving the anger gremlin for children aged 5-9 : a cognitive behavioural therapy workbook on anger management / Kate Collins-Donnelly.  
pages cm

Includes bibliographical references.

ISBN 978-1-84905-493-5 (alk. paper)

1. Anger. 2. Anger in children. 3. Cognitive therapy for children. I. Title.

BF575.A5.C653 2014

155.4'1247--dc23

2014005347

#### **British Library Cataloguing in Publication Data**

A CIP catalogue record for this book is available from the British Library

ISBN 978 1 84905 493 5

eISBN 978 0 85700 885 5

Printed and bound in Great Britain

# Contents

ACKNOWLEDGEMENTS .....	7
ABOUT THE AUTHOR.....	8
<b>1. Why Read This Book? . . . . .</b>	<b>9</b>
<b>2. Let's Meet a Mystery Creature! . . . . .</b>	<b>17</b>
<b>3. Let's Learn about Feelings! . . . . .</b>	<b>27</b>
<b>4. What Is Anger? . . . . .</b>	<b>39</b>
<b>5. Things We Get Angry About. . . . .</b>	<b>55</b>
<b>6. Why We Get Angry . . . . .</b>	<b>67</b>
<b>7. Our Angry Bodies . . . . .</b>	<b>81</b>
<b>8. Our Angry Behaviours . . . . .</b>	<b>89</b>
<b>9. The Effects Anger Can Have . . . . .</b>	<b>97</b>
<b>10. Starving the Anger Gremlin Strategies . . . . .</b>	<b>111</b>
<b>11. Your Anger Dos and Don'ts!. . . . .</b>	<b>137</b>

<b>12. Completing Your Mission to Starve the Anger Gremlin! . . . . .</b>	<b>143</b>
ACTIVITY, PUZZLE AND QUIZ ANSWERS . . . . .	156
INFORMATION FOR PARENTS AND PROFESSIONALS . . . . .	170
REFERENCES . . . . .	173

# Acknowledgements

First, I would like to thank all the children, parents, practitioners and colleagues who have inspired me to develop this workbook. I would also like to thank everyone whom I have worked with at Jessica Kingsley Publishers, especially my editor Caroline, for their invaluable help with all my books to date. It is always a joy to work with you. Thank you also to Tina Gothard for her fantastic Anger Gremlin illustrations used throughout this workbook. Tina, it was a pleasure to work with you. And last, but by no means least, a huge thank you goes to Maria for her motivation, inspiration, support and guidance.

# About the Author

Hi! I'm Kate, and I have worked for several years providing support for children, young people and their parents on the emotional issues that children and young people face today, including anger. I have also provided training and guidance for professionals from a variety of disciplines on how to support children, young people and their families when a child or young person is suffering with issues such as anger. Through this work, it became evident that there was a need for a book aimed directly at children aged 5 to 9 years on how to control their anger, and as a result, *Starving the Anger Gremlin for Children Aged 5-9* was born.

This book contains stories, puzzles and activities to help you learn about what anger is, why we get angry, how we think, feel and act when we get angry and the effects that anger can have. It also provides a step-by-step guide to controlling your anger by starving your Anger Gremlin!

I hope you find this workbook fun as well as packed with useful ways to get your anger under control once and for all!

Happy reading and good luck with starving your Anger Gremlin!


*Kate*

1

# Why Read This Book?

This book is here to help you if...

**You often feel angry**



**You hit, punch or kick people or things when you get angry**



**You say nasty things to people when you get angry**



**You shout or scream at people when you get angry**



**You bottle up  
your anger**



**You break, bang or  
throw things when  
you get angry**

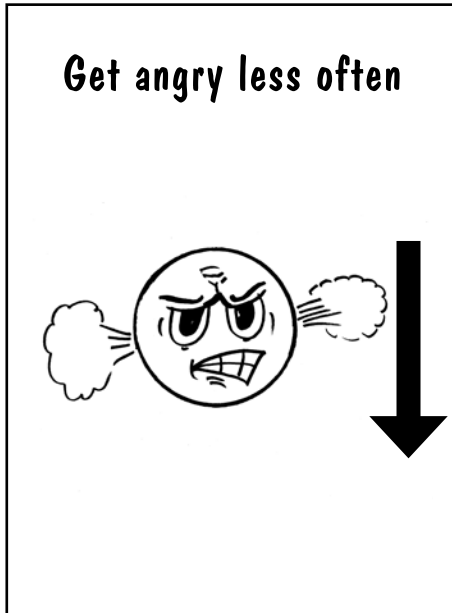


**You hurt yourself  
when you get angry**





By reading this book you will learn about your anger. You will also meet a creature called the Anger Gremlin. The Anger Gremlin's favourite food is your anger. He wants you to feed him lots and lots of anger so he can get bigger and bigger. But this workbook will teach you how to starve him of his favourite food so you will...



So starving your Anger Gremlin is your mission! And you will learn how to do this through fun puzzles, activities and stories! The answers to these puzzles and activities are at the back of the book. Plus, don't forget you can get an adult to help you along the way if you get stuck with any of them. You'll also get to draw lots of things too! And you can colour in any of the pictures you see throughout this workbook. In fact, why not colour in the pictures on the pages that you have just read!

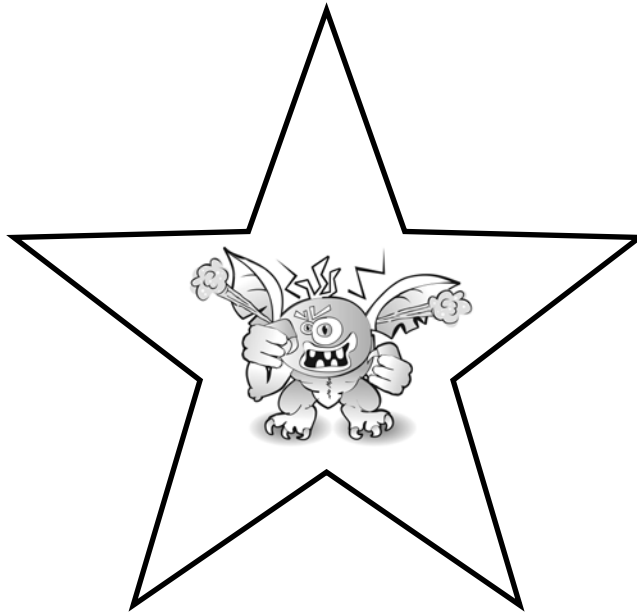
**Happy colouring!**

I have one more thing to tell you about this book, which is that every time you complete a chapter you will earn two...

**rewards!**

Let's take a look at what these rewards are!

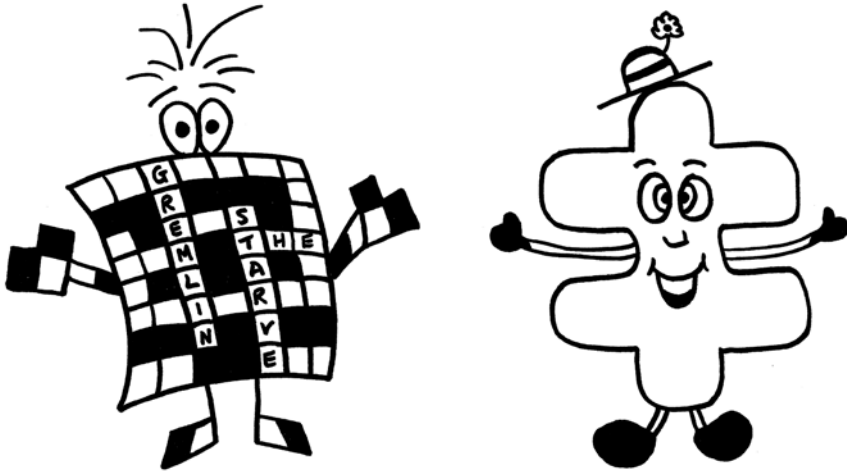
**Reward 1:  
The Starving the Anger Gremlin Star!**



At the end of each chapter, you will collect a star. You can have fun colouring the stars in using whatever colours and funky patterns you like! When you have collected all 11 stars, you will have successfully completed this workbook and you will know exactly how to achieve your mission to starve your Anger Gremlin!

Why not colour this one in as a practice?

**Reward 2:  
The Just for Fun Puzzles!**



You will also have two **Just for Fun Puzzles** to choose from at the end of each chapter as a reward for all your hard work along the way. And if you like you can even complete both puzzles!

Here's a **Just for Fun Puzzle** for you to try out now!

## Escape the Anger Gremlin!

Quick! Quick! Escape from the Anger Gremlin by finding your way through the maze. Be careful as there are two routes out, but one will take you longer than the other!

