



Even Teddy Bears Get Mad by Sabrina Andonegui

People think Teddy is a fluffy, sweet, stuffed animal. I suppose it's true. He likes to smile and make everybody happy, but today he is not feeling like that. He is mad. Find out how Mrs. Paz teaches him that anger is okay and gives him some easy steps to deal with anger in a healthy way.

Reviewed by Mamta Madhavan for Readers' Favorite: Meet Teddy and Toby in the storybook *Even Teddy Bears Get Mad! Anger is Okay* by Sabrina Andonegui Meneses. Teddy is a fluffy, stuffed animal and he likes to make people happy, especially his buddy Toby who is an adventurous little boy. They are happy playing together. One day while playing in school, Teddy gets angry with Toby because first he took the blue supersonic cat from Teddy's hand and then the mega-fast, red motorcycle. Mrs. Paz, Toby's teacher, is watching everything but Teddy is not interested in listening because he is very angry. The only thing Teddy wants to do is to hit Toby. He hears Mrs. Paz asking him to breathe deeply. Breathing deeply calms Teddy and he feels sad that he thought of hurting his friend.

This book guides young readers on how to control their anger in a calm manner and use their words accordingly. The illustrations are adorable and they give clarity to the concept, making it easy for youngsters to practice the four steps easily. The illustrations are charming and they make the book colorful and captivating. The story helps young readers understand that feeling angry is okay as long as they do not hurt anybody. The book teaches them how to deal with their anger in a healthy way. The discussion at the end of the book and the poster activity make it an excellent storybook for classroom interactive sessions. Parents can use the tips given to handle their children at home when they get angry.

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About The Author: Author Sabrina Andonegui Meneses was born in Mexico City and lived in Mexico until she moved to Batesville Indiana, in 2012. She earned a degree in psychology from the Universidad Intercontinental in Mexico City.

Sabrina worked several years with toddlers in early childhood development, helping them to enhance their intellectual, social and motor skills. Since moving to Batesville, she has been a stay-at-home mom to her two children and has been trying to reinvent herself.

Sabrina discovered the passion she has to learn about human emotions. She has personally dealt with exploring her own emotions, as a child, and how they have shaped her into the woman she is today. By learning from herself, she has become immersed in an amazing path of human emotions, and now during the last two years she has been helping some parents from her community through conferences and workshops to help their kids identify their emotions and use them in a healthy way.

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