

FANTASTIC FIN

FEELS FEROCIOUS

Fantastic Fin felt a bit funny,
There was a rumbling in his tummy.
He felt steam come out of his ears,
he held back big, eye stingy tears.

It had been building up all day,
Fin felt fury in every way.
From his tip, right down to his toes,
beneath his anger lay his woes.

He turned into a **Finosaur**,
with a ferocious sounding roar.
A siren sounding out in need,
yet all around him fled with speed.





He stomped and tromped and roared a while,
his energy went on a mile.

Time passed and he ran out of steam,
he slumped into a sad daydream.

Along came Finlay's Dinomum,
who hugged tight her ferocious son.

She asked him why he felt so sad,
He responded "I'm feeling bad".

"Why's that?" astonished Dinomum

"I've been so angry!" said her son.

As she listened and understood,

Fin felt the cooling of his blood.

"Your feelings are a useful guide,
to see what's going on inside.
If you're angry, there'll be a cause,
Just catch your breath and take a pause".

Fantastic Fin then told his mum,
just where his anger had come from.
His grumpy growl changed to a smile,
he made a 'Ferocious Fact-File'









**Fantastic Fin feels roarsome today,
When he's angry, he knows it's ok!**





FEROCIOUS FACT FILE

Here are some things to remember whenever you feel angry!

-  It is ok to feel angry!
-  You can learn to express your anger positively with practice.
-  Don't worry if you get it wrong – try again next time!
-  Anger gives us lots of energy, which we can use up in positive ways, here are some ideas:
-  **RUN, HOP, SKIP, JUMP, WALK, STRETCH, STOMP like a dinosaur and give a roar.**
-  Do something fun – draw, play, colour, read some jokes.
-  Do something calming and relaxing – have you tried a cosmic kids yoga, or a breathing exercise?
-  Get help! My Dinomum helped my blood cool down – is there someone around who will listen to you and take your angry feelings seriously? If so, go and chat with them.



Fantastic Fin Faces His Fears! is out now! Available at www.jessicabowers.co.uk and www.amazon.co.uk/dp/1527298868
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