

**FREE
DOWNLOAD**

Calm your Anger

with
**Liam,
the Smart Rabbit**

Collect all the books!



Things that Matter

Azaliya Schulz Illustrated by Daria Volkova

Calm your Anger

with
Liam,
the Smart Rabbit

Hi! I am Liam.



What is
your name?

Things that Matter



Liam the rabbit lived in a deep wood.
He went to school like a smart rabbit should.
He wanted to learn and to be taught,
And dreamed of becoming an astronaut!



Usually, Liam was such a calm rabbit
With a normal, common bunny habit.
He'd munch his way through carrots galore
Then fall asleep and let out a loud snore.

One day at school something occurred:
A strange emotion inside Liam stirred.
His breathing was fast, his face turned red,
His muscles weren't relaxed but tense instead.



He looked at his paws
and saw fists clenched,
His throat was dry
his thirst wasn't quenched.

Liam felt like he wanted
to cry and scream.



And from his ears?
There was a cloud of steam!

The class had been making pictures with paint.
Up to now, Liam had behaved like a saint,
But his friend Joey the cat wouldn't share.
Liam thought this was mean and unfair.

1 2 3
4 5 6
7 8 9
0

A B C D E F G
H I J K L M
N O P Q R S T
U V W X Y Z





He'd coped with this for a little while,
But he needed the **green** paint for his **crocodile!**
Now all his emotions swam inside
And Liam looked angry and wide-eyed.



Mr. Raccoon said, "Liam, I see
you're getting upset.
Feelings like that, we all sometimes get.
It looks like your anger is bubbling away.
Let's try some breathing without delay."

*A great calming exercise to try
Is to smell pretend flowers nearby.
Imagine them in your view,
With bright colors: red, orange, blue.*



*Take a breath in and have a sniff,
A good deep breath as you get a whiff.*



*As you breathe in count to three:
It's as easy as saying ABC!"*

Liam breathed in nice and slow
Imagining three pink roses in a row.
He felt calmer now and at ease,
His hot temper had dropped

10 degrees!



"What makes you angry,
can you share?"

"I hate when
someone takes my bear!"

"I don't like broccoli,
I want sweets.
But Mom says I need to have
dinner first then treats!"

"I get angry when
I can't watch cartoons.
That's all I want to do
in the afternoons!"

"I get mad when
I can't get what I like
Or when my brother
takes my bike!"

"I get mad when
I can't go to the playground to play.
I don't like it when
I don't get my own way!"

Can you share?



1 2 3
4 5 6
7 8 9
0

H
N O P Q R S T
U V W X Y Z



Mr. Raccoon said, "A good lesson to learn
When you feel the anger starting to burn
Is to talk your feelings through.
A friend, teacher or parent will listen to you.



*Sometimes anger is a protective mask
For strong emotion. Finding it is no simple task.*

Do you actually feel



guilty,



anxious,



embarrassed



or sad?



Frustrated



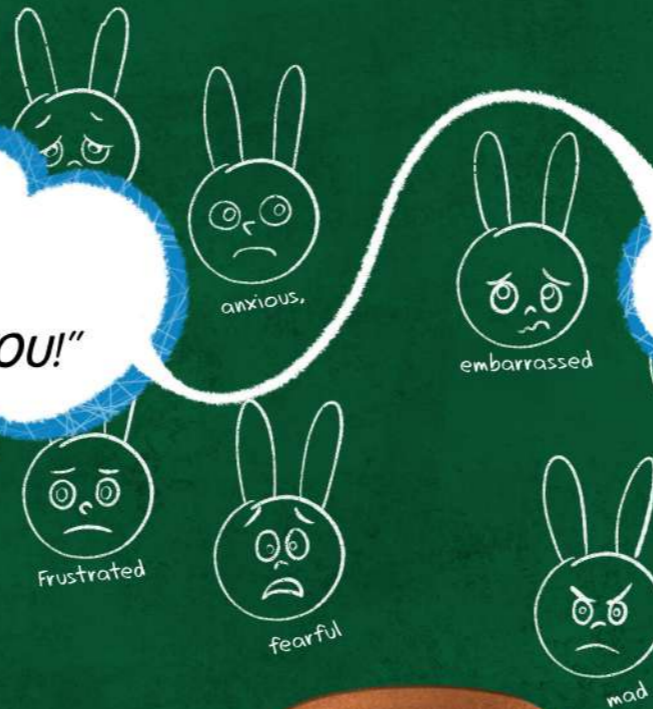
or fearful



but hide this by feeling mad.

Try and work out what emotion you truly feel.
It's important to learn so you can then heal.
Be kind to yourself and to your feelings too,
Learn to accept yourself, as there's no one like YOU!"

When you are calm you can think things through.
You can look at it from a different point of view.
Can you give it your best try?
And see how things change when you apply."



"I feel impatient when
I am given broccoli instead of something sweet,
But broccoli provide vitamins
and I can pretend it's a tasty treat"

"I feel **anxious** when
someone takes my bear,
But this means
they are also willing to share!"

"I feel **bored** when
I can't watch cartoons,
But I can paint instead
in the afternoons!"

"I feel **frustrated** when
my brother takes my bike,
But then he takes me
with him on a hike!"

"I feel **lonely** when
I can't go to the playground to play,
But I can invite my friends
over and I'll feel okay."

Can you try?

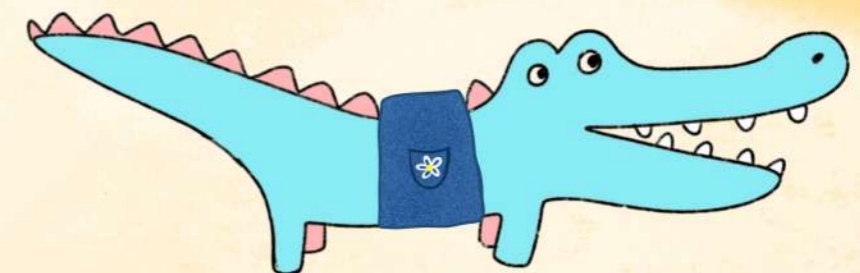
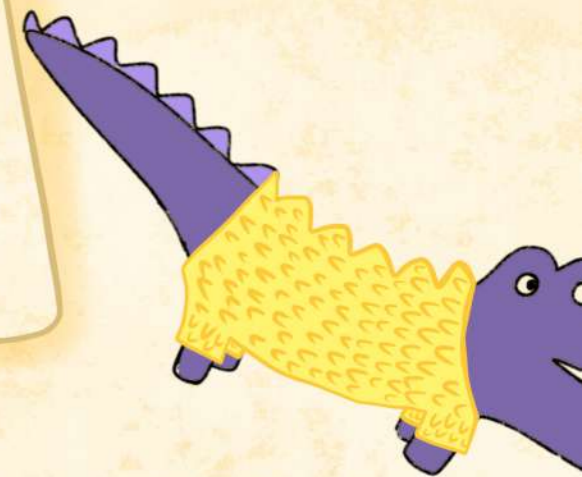
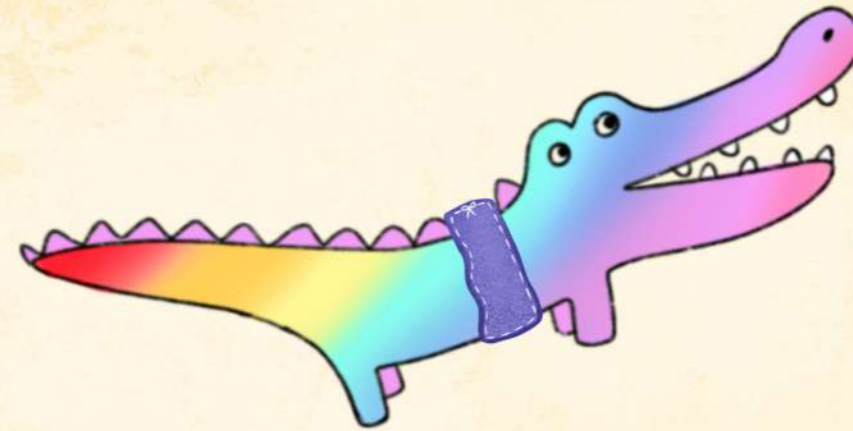
1 2 3
4 5 6
8 9
0

H
N O P Q R S T
U V W X Y Z

"It's true!" Liam said, "Think how different it could've been.
Yes, my crocodile needed to be green.
But I could have offered a swap
Or painted it in a different color with a knitted top!"



Mr. Raccoon smiled, "That's right! Congratulations!
You now all have anger calming applications.
Let's repeat today's class together
And remember the lessons forever."





*First, notice when you start feeling mad.
Do some deep breathing to help you feel glad.
Ask yourself, "Why do I feel the way I feel?"
Accept the feeling, as this is how you heal.*

*Think about the situation from the positive side.
See what solutions can be applied.
Change the way you feel and let the anger go.
Invite calmness in and let it show."*



Liam was happy that he had learned so much.
A wonderful lesson on having a calmer touch.

Perhaps you can see if this works for you too.
Why not give it a try and see how you do?

Your Opinion Matters!



If you enjoyed this book, please tell your friends about it. Your review means a **WORLD** to us and will be greatly appreciated.



If the book didn't meet your expectations, please tell us Liamthesmartrabbit@gmail.com



Learn more about Liam and download fun activities.



Copyright © 2023 by Things that Matter LLC

All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except as permitted by U.S. copyright law. For permission requests, contact llcthingsthatmatter@gmail.com.

978-1-7378727-9-5 (paperback) 979-8-9880232-0-3 (hardcover)

Author Azaliya Schulz
Illustrator Daria Volkova

www.azaliyaschulz.com

Things that Matter
2023