

Tatjana Gjurković & Tea Knežević

# When angry, little squirrel misbehaves

Illustrations:  
Jelena Brezovec

Basic emotions:

**ANGER**

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Advice for parents  
and caregivers

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Priče grade put do srca

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# When angry, little squirrel misbehaves

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## Anger and resistance of children to set boundaries

If you have picked up this picture book, you have certainly encountered the emotion of anger in your child or the child you care for.

Anger is one of the so-called basic emotions. Basic emotions occur in all cultures and from the earliest childhood. By the end of the 6th month of life, a child expresses all four basic emotions (anger, fear, happiness, sadness).

Anger is an emotion extremely focused on others, it can be very strong and intense, and it seeks to be expressed "outwardly". It manifests itself through changes in the body, which encourage tension and more impulsive behaviors. As it is much easier to notice a child's behavior than his emotions, adults are often not aware that behind unwanted behavior are a child's unfulfilled emotional needs.

Very often, children express the emotion of anger or frustration by resisting set boundaries, or by refusing to cooperate and ignoring instructions given by adults.

These children can be quickly and easily perceived as "naughty" or "bad" and adults find it very difficult to remain calm in situations in which they cannot reach the child to correct undesirable behaviors.

In this picture book you will find a therapeutic story about a little squirrel who got very angry when she was faced with clear boundaries. The story will help your child to recognize the emotion of anger in themselves, name the emotion, and get a practical example of how to work through the discomfort they feel in their body when they hear "No" or "You can't" in a healthy way.

At the end of the picture book, there are tips for adults that will help you understand your child's emotional needs and provide them with help in processing challenging emotions.

Even just reading, your soothing voice, attention, and the closeness you establish with the child you are reading to, is a big step on the path to your little one's healthy development.

Enjoy those moments together. ♥

”

Hi! I am a little squirrel, and I love exploring, climbing, running and jumping all over my forest. Do you like running and jumping too?

One day, my friends made me very angry because they kept telling me to calm down and not to jump and go crazy on the old oak tree. I decided that I wasn't going to listen to them. But then... something terrible happened.

Get comfy and listen to my story...







One morning, little squirrel was very busy collecting acorns in the forest. She was happy, jumping everywhere, hop-hop, from branch to branch, from tree to tree. Suddenly, she jumped on a very old oak tree.






Her friend the bear was walking along the path under the oak.  
– No, squirrel! Don't jump on that tree! – he told her in a serious voice.  
Squirrel thought that the bear is unnecessarily bothering her, so she pretended not to hear him. She continued hopping around the branches of an old oak tree looking for acorns.

There was also a hardworking little hedgehog under the tree who was collecting leaves in a pile. When he saw her high on a branch, he immediately shouted:

– Squirrel stop! Calm down! Don't jump there!  
– Oh, don't tell me what to do. Leave me alone! – the squirrel protested and jumped onto another branch.

She was very, very angry because they kept telling her what not to do. It bothered her that everybody kept telling her to calm down.





Suddenly there was a “crack” and one branch broke. Squirrel was quick and managed to jump on another branch just in time.

– It’s okay! I didn’t get hurt – she thought a little bit scared. But soon she got her courage back and continued jumping up the same old tree.

While she was jumping and collecting acorns, a fox came along. He also spotted the squirrel who was just climbing towards the highest branch.

– No! Stop! Don’t go there! You’ll knock down... – he didn’t even have time to finish his sentence, and the squirrel jumped and shook a light branch, knocking over a small nest that was lying on that branch.