

Tatjana Gjurković & Tea Knežević

When angry, little hippo bites

Illustrations:
Jelena Brezovec



Basic emotions:

ANGER

+

Advice for parents
and caregivers

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Tatjana Gjurković i Tea Knežević, magistre psihologije

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Anger and aggressive behaviour in children

If you took this picture book in your hands, you must have encountered the emotion of anger in your child or in a child you care for.

Anger belongs to so-called - basic emotions. Basic emotions appear in all cultures and can be seen in babies from birth. By the end of the 6th month of life, child expresses all four basic emotions (anger, fear, happiness and 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 don't know how to recognize and process feelings of anger or frustration, which results in aggressive behaviour. At an early age, it can be hitting, biting, scratching, pushing other children or adults. Sometimes the aggression is (also) verbal, so the child will say bad words to others.

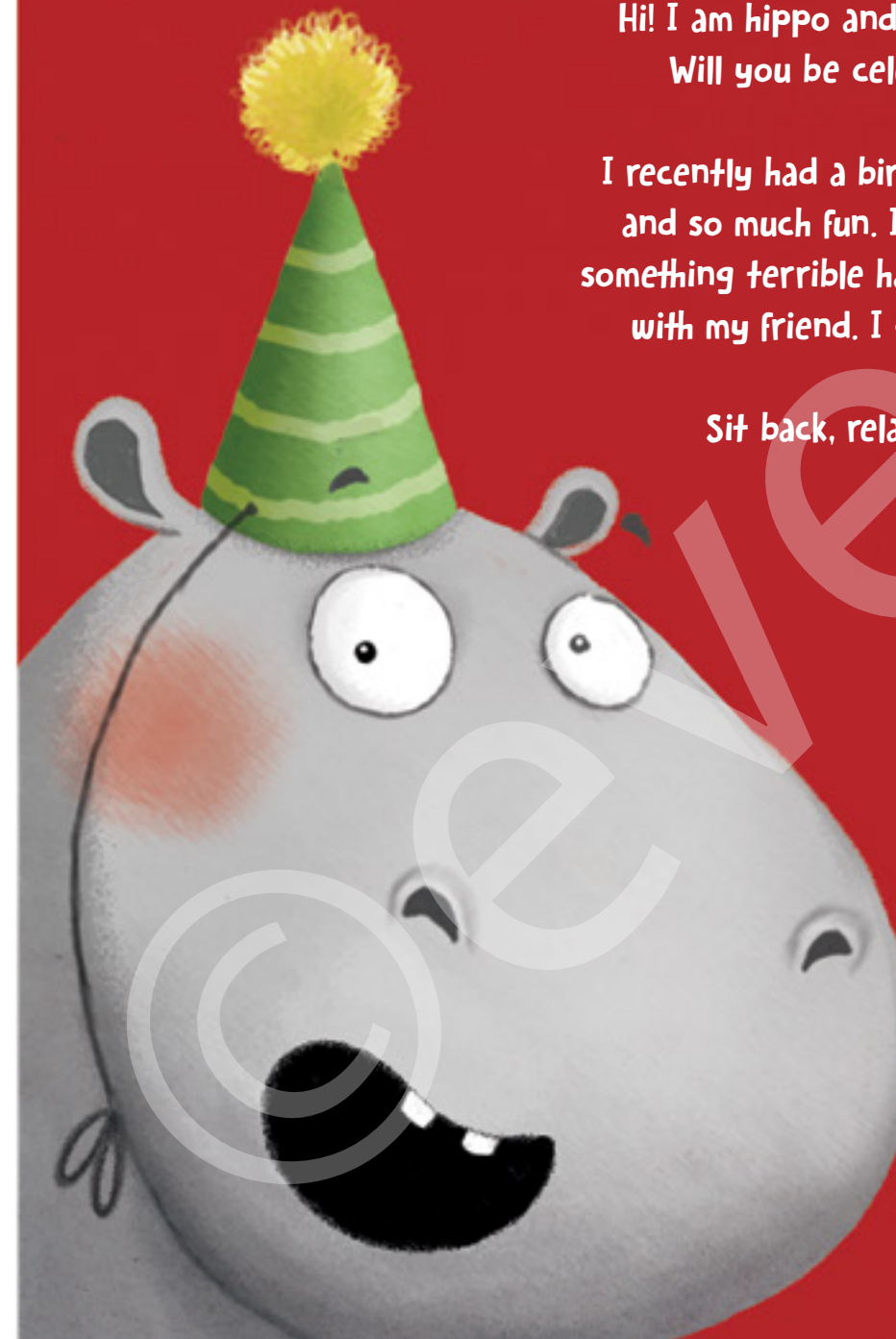
In that situation, adults should send two important messages to the child: it is okay to feel angry, but it is not okay to behave aggressively towards others.

In this picture book you will find a therapeutic story about little hippopotamus who was overwhelmed by anger and didn't know how to deal with this heavy emotion, so he bit his friend. The story will help your child recognize anger in himself, name it and get a practical example of how to work through the discomfort he feels in his body, in a healthy way.

At the end of the book, you will find advice for parents and caretakers. Children who express aggressive behaviour are often said to be "naughty"; however, it is important to know that child's behaviour is based and rooted in unpleasant and intense emotions. Child has not yet learned to manage his behaviour under the influence of heavy emotions and needs help from adults to self-regulate.

Reading itself, your soothing voice, the attention and closeness you establish with the child you read to, is a big step on the way to healthy development of your little one.

Enjoy those moments together. ♥




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Hi! I am hippo and I love to celebrate my birthday!
Will you be celebrating your birthday soon?

I recently had a birthday party, and it was very nice
and so much fun. It would have been even nicer if
something terrible hadn't happened – I got very angry
with my friend. I got so angry that I bit his paw!

Sit back, relax and listen to my story...



– Woohoo, today is my birthday! – little hippo was shouting cheerfully and jumped out of his bed.

As soon as he got up, he started to set the table and make birthday decorations. He also hung the sign “Happy birthday, dear hippo!” and put the cake in the fridge.

He had been waiting for his fifth birthday for a long time. He thought a lot about whether to celebrate in a playroom or at a restaurant, but this time he decided to celebrate at home.



His friends started to arrive. Everyone wished him a happy birthday, gave him a kiss and a present.

When they sat down, hippo began to open his presents. He was so excited! His friend parrot gave him a big colourful box, and in a box, there was - a brand new ball!

- Yeah! - happy hippo shouted loudly.

He was very excited because he loves to play with a ball, so this gift meant something special to him.

He put the ball aside and began to open other presents. Giraffe gave him a picture book, and his friend tiger gave him a set of wooden cubes.

– Let's play with my new ball! - hippo said and reached for the ball, but it was gone.

Sad and disappointed he looked around and saw tiger playing with his new ball on the grass!

Hippo got very angry. He ran over to the little tiger and bit his paw! Then he grabbed the ball and shouted:

– That's my ball!

Little tiger was shocked and then very sad because the ball was suddenly taken away from him and because his paw started to hurt.

– Hippo, that wasn't nice of you – giraffe said.

– But he took my new ball! – hippo replied.

– You should apologize – parrot suggested.

– I will not! – hippo said even angrier, took his ball and went away.

