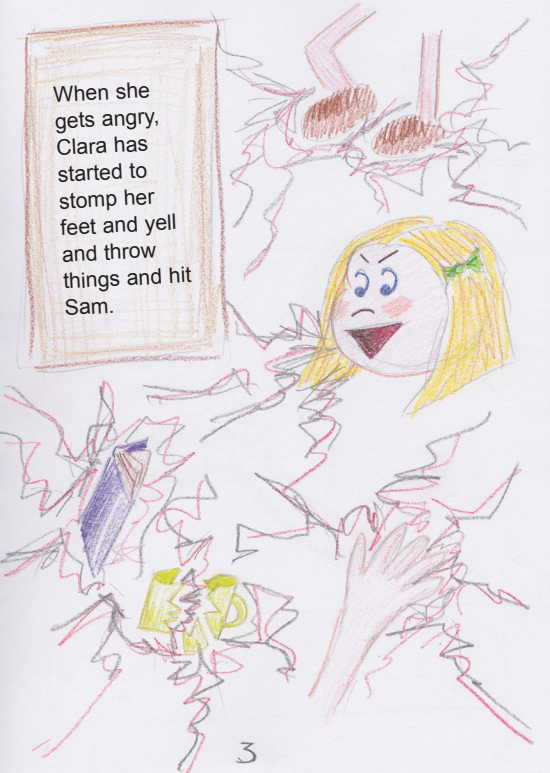


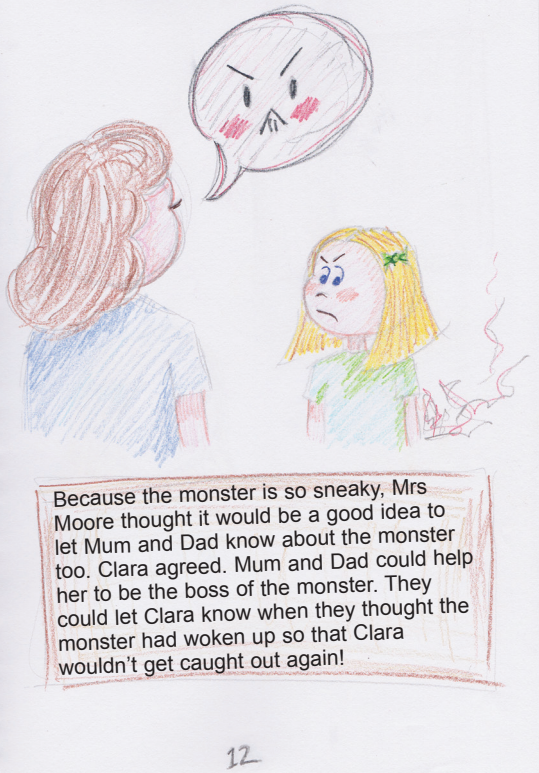
When Clara stomps her feet or yells or throws things or hits Sam, she gets into trouble.



When she gets angry, Clara has started to stomp her feet and yell and throw things and hit Sam.

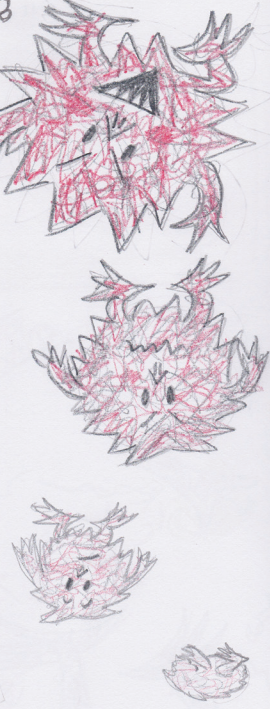


Mrs Moore then helped Clara to think about how she knows that the monster is awake and starting to grow. Clara noticed that first her heart starts beating faster and she starts breathing faster. As the monster keeps growing, Clara feels her muscles getting tight and she clenches her fists and teeth.



Because the monster is so sneaky, Mrs Moore thought it would be a good idea to let Mum and Dad know about the monster too. Clara agreed. Mum and Dad could help her to be the boss of the monster. They could let Clara know when they thought the monster had woken up so that Clara wouldn't get caught out again!

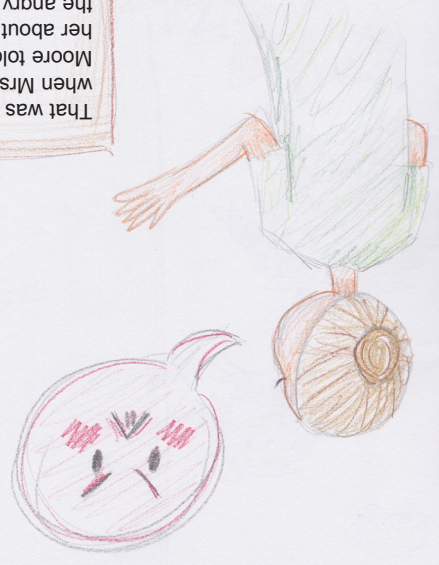
Clara learnt that everyone has a monster that lives inside of them. Usually the monster is asleep. When she is asleep, she is very, very small. But when Clara starts to get angry, the monster wakes up and starts to get bigger and bigger!



Parents can help by identifying when the monster has woken up and is starting to grow. They can also reward a child's success in being the boss of the angry monster by setting up a reward system such as a star chart. The child could, for example, earn up to three stars a day if they are successful in being the boss of the angry monster in the morning, afternoon and evening. If they received an agreed upon number of stars during the week they can redeem an agreed upon reward. However, it is important for the star chart to only be used for a few weeks as they generally lose their effectiveness after this time. While the 'monster-in-me' strategy can be very helpful with younger children, older children will probably see it as childish. We do hope that you find this strategy helpful but we also recognise that we are all individuals, hence the same approach won't work for all.



That was when Mrs Moore told her about the angry monster.



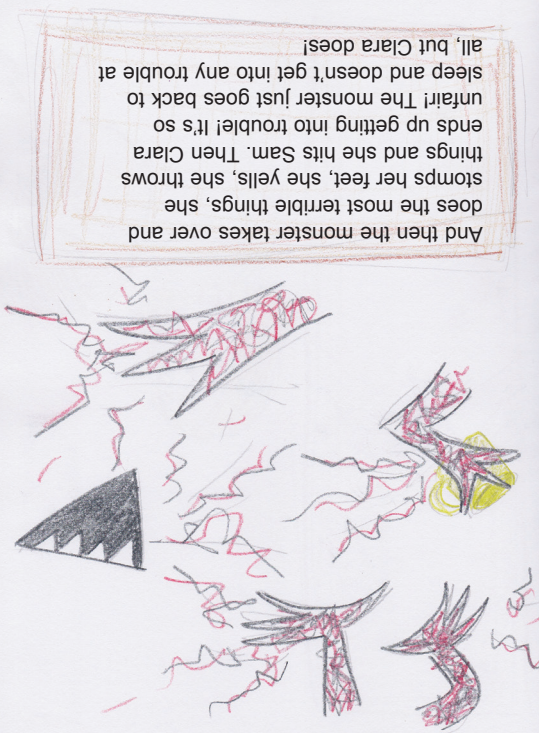
Clara and the Angry Monster







Usually, Clara would only get angry at home, but one day Clara got really angry at school when her best friend told her most secret to the whole class!



**Notes for parents, counsellors and other adopters of the book**  
The story of *Clara and the Angry Monster* is based on the 'monster-in-me' strategy introduced in the book *Counselling Children* by Kathryn Geldard, David Geldard and Rebecca Yin Foo. When talking with children about their experience of anger, it is important to highlight that we all get angry at times and that is ok. However, it is never ok to hurt others, or ourselves, when angry. This is what the 'monster-in-me' strategy is all about: recognising and owning our anger but deciding to be the boss, to be the one in control. In addition to talking to the child about the angry monster (which can be done by reading this book!), we also like to ask the child to draw a picture of the monster and to draw on a self portrait where the monster lives inside them. As suggested in *Clara and the Angry Monster*, parents can be a wonderful support in helping their child to be the boss of the monster inside them.

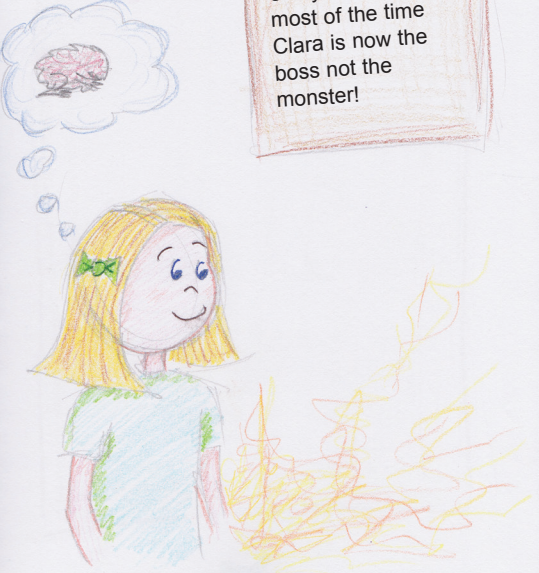


Mrs Moore then asked Clara whether the monster was the boss or whether she was the boss. Clara really wanted to be the boss of the monster but didn't know how! Mrs Moore explained that the monster is really good at sneaking out all of a sudden without Clara realizing until it's too late.



Clara is really very sorry for what she does when she is angry. But she can't seem to stop stomping her feet or yelling or throwing things or hitting Sam when she is angry.

While the monster does still come out every now and then, most of the time Clara is now the boss not the monster!



More and more things seem to make Clara angry. When her brother, Sam, does something annoying, Clara gets angry. When her Mum or Dad say 'no', Clara gets angry. When she misses her favourite TV show, Clara gets angry.

