

# 我恼火

凯蒂今天要和爸爸一起去公园玩，可爸爸却不作美。她会做些什么来消除自己恼火的感觉呢？

GNA 99/100





## Dealing with Feelings

### Why a book on anger?

Parents often ask me for help dealing with their children's anger. Two factors may contribute to this: (1) Many people were taught to ignore their feelings as children. Now they want to raise their own children differently, but have no idea how. (2) Many people in today's society feel increasingly angry. This includes both parents and children.

### How can this book help?

*I'm mad* can help children accept their feelings and decide how to respond.

The book models a constructive process for handling anger. It shows a parent and child discussing feelings openly. The story also offers specific options for children. There are verbal, physical, and creative ways described to express feelings. In addition, *I'm Mad* serves as a role model for parents who wish to change the way they respond to their children's feelings.

### How to use *I'm Mad*

*I'm Mad* becomes more useful with time and repetition. A couple of readings probably won't make a dramatic change. But you can start to help your child transfer the information to real life.

■ **Distinguish between feelings and actions.** Read the book, letting the child choose the options. Ask, "How does Katie feel now? What will she do next?" at the end of each page. More about understanding feelings is below.

■ **Introduce different options.** Children need several ways to cope with feelings that work for them. This story offers eleven ideas. When you are done reading, ask your child, "What else could Katie have done?" Record your child's responses on the "Idea Page" at the end of this book.

■ **Use as a springboard for discussing other situations.** Begin by discussing something that happened to someone else. Ask your child to identify the feelings and the alternatives the child tried. Talk with your child from the perspective of collecting information, rather than what is right or wrong.

For example, assume a visiting friend, Mike, did not want to go home. Ask, "How did Mike feel when it was time to go home?" "What did he do first when he felt upset?" "What else did he do?" Possible answers: he ignored the request, he said "No", or he scowled and said "Okay."

When your child can distinguish between feelings and behavior for other people, you can review something he or she did in the same non-judgmental way.

Elizabeth Crary, Seattle, WA

## 怎样处理儿童情感问题

### 为何需要一本关于恼火的书？

家长们经常要求我就如何处理他们孩子的情感问题提供帮助，他们这样要求出于可能有两个因素。一是他们儿时所受的教育就是忽略他们的情感，如今他们想用一种不同的方式来养育自己的孩子，但却苦于不知如何做。二是现代社会中容易感到恼火的人日益增多，家长和孩子都是如此。

### 这本书有什么用？

《我恼火》可以帮助孩子们接受他们的情感并决定如何作出反应。

本书为建设性地处理恼火提供了一个模式。它展示了家长和孩子是如何公开讨论情感问题的。同时，故事中还为孩子们提供了具体的选项，他们可以选择用语言的、行动的或创造性的方式表达自己的情感。此外，《我恼火》也为那些希望改变对其孩子的情感作出反应的方式的家长充当了一个角色模式。

### 怎样使用《我恼火》

花的时间越长，使用的次数越多，《我恼火》的作用就越大。翻阅几下本书不会带来惹人注目的变化。不过你可以开始帮助你的孩子把书中的东西运用到现实生活中来。

■**区分情感与行为。**念这本书，让你的孩子作出自己的选择。在每页的结尾问：“凯蒂现在是什么感觉？”“她下一步会做什么？”下面还有更多关于理解情感的信息。

■**介绍不同的选项。**孩子们需要多种对他们有效的方式来处理自己的情感。本书的故事提供了十一种主意。在你念完故事后就问你的孩子：“凯蒂还可以怎么做？”把孩子的回答记录在书尾的“主意页”上。

■**把本书做为讨论其他情境的起点。**一开始是讨论发生在别人身上的事，然后让你的孩子学会区分这些情感以及书中孩子试过的处理情感的方法。不要教育他是对还是错，而应从收集信息的角度与你的孩子交谈。

比方说，假设你邀请一个叫迈克的朋友来家做客，而他却不想回家。你可以问孩子：“该回家了，迈克会有什么感觉？”“迈克感到心烦意乱，他会先做什么？”“他还做了什么？”可能性的回答：他对别人的要求置之不理；他说“不”；他愁眉苦脸地说“好吧。”

当你的孩子能够区别人情感和和行为时，你可以回顾一下他或她过去在同样没有判断力的情境下作出的反应。

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Katie was excited when she woke up. It was going to be a special day. She hugged her dog Dot and hopped out of bed. Today she was going with her dad to the park. They would have a picnic and play ball and have lots of fun.

she was sure the weather would be as wonderful as she felt. It would be sunny and warm. Katie ran to the window to check.

凯蒂醒来时就很兴奋。今天将会是个特别的日子。她抱了抱自己的小狗“斑点”，跳下了床。今天她要 and 爸爸一起去公园玩。他们要在那儿野餐和玩球，要作好多好玩的事。

她相信天气也一定会像她的心情一样的好。那将会是和煦而温暖。凯蒂跑到窗口去察看天气。

She saw clouds, big black clouds. "Oh no!" she thought. Surely they would go anyway. Clouds wouldn't stop them. She raced over to her dad to find out.

Dad stared glumly out the window. "Dad, Dad, we're going to the park, aren't we?" she asked anxiously. "The clouds won't stop us. You won't let the clouds stop us, will you?"

"Slow down, Katie, and look again," Dad said.

She ran over to the window and peered out again. "Oh, no," she wailed. "Rain! I hate rain!" she yelled. She calmed down for a second and then asked, "We can go anyway, can't we?"

"No," Dad replied. "We can't."

"I'm mad at the rain! And mad at you! Mad, **Mad, MAD!**" Katie yelled.

"You feel mad and disappointed that we can't go to the park. You had the day planned and now you have to make new plans," Dad said.

"I don't have to make new plans. I'll be mad and mean all day," Katie replied.

"It's okay to mad. You can even be mad all day if you want. What can you do if you don't want to stay mad?" Dad asked.

"I don't know" Katie responded.

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### What do you think Katie will do?

Listen to any ideas your child has. If he or she has no ideas, turn the page.

她看到了云，那是大片的黑云。“哦，不！”他想到。不管怎样，他们肯定会去公园。云可阻挡不住他们。于是她跑到爸爸那儿问个清楚。

爸爸沉着脸盯着窗外。“爸，爸，我们要去公园玩，是不是？”凯蒂急切地问道，“这点云挡不住我们。你不会让这点云阻碍我们的，是不是？”

“慢点，凯蒂。你再看看外面”爸爸说。

凯蒂奔到窗口，再冲外面张望了一下。“哦，不，”她哀叫道，“下雨了！我讨厌下雨！”她大叫着。安静了一会儿，她又问：“我们还是能去的，是不是？”

“不，”爸爸回答，“去不了了。”

“雨真让我恼火！你真让我恼火！恼火！恼火！恼火！”凯蒂大叫着。

“我知道，你恼火，你失望，因为我们不能去公园玩了。你为今天作过安排，但现在你必须重新安排了。”爸爸说道。

“我不要什么新的安排。我今天一天都会恼火，一天都会不舒服。”凯蒂说。

“恼火就恼火吧。如果你愿意，你甚至可以整天恼火。但是如果你不想一直恼火下去的话，你可以做些什么呢？”爸爸问。

“我不知道。”凯蒂回答道。

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你认为凯蒂会做什么呢？

听听你的孩子的任何主意。如果他或她没什么主意，翻过这一页。



“Well, I can think of six things,” said Dad.  
“You could—

- Do something physical .....page 10
  - Squish playdough..... page 12
  - Talk about your feelings.....page 14
  - Sing an Un-Mad song.....page 16
  - Ask how other people change feelings  
.....page 18
  - Plan something fun..... page 24
- That’s a lot of ideas. What will you try first?”

“好吧,我想你可以做六件事。”爸爸说,  
“你可以——

- 做某项运动.....第 10 页
  - 把橡皮泥压扁.....第 12 页
  - 谈谈你的感受.....第 14 页
  - 唱首不恼火的歌.....第 16 页
  - 问一问别人是怎么改变自己的感受的  
.....第 18 页
  - 计划做件好玩的事 .....第 24 页
- 这里有不少主意啊。你会先试那一种呢?

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**Which do you think Katie will try first?**

Turn to the page your child chooses. If no idea is chosen, turn the page.

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**你认为凯蒂会先试哪一种呢?**

翻到你的孩子选的那一页。如果没有哪个主意被选中,翻过这一页。





## Do Something Physical

“What is something physical?” Katie asked.

“It’s something you do with your body—like stomping your feet or jumping on a trampoline. Many people feel better when they do something physical. Then they don’t feel so mad.”

“I’m going to stomp my feet,” Katie said as she marched around the room saying, “I’m mad! I’m mad! I’m mad!” After marching a bit, she stomped over to Dad and said, “I’m still a little mad. What should I do now?”

“That is up to you, Katie. Do you want some more ideas?” he offered.

“Yes!” she responded.

“You could make up a mad dance or squish playdough,” said Dad.

## 做某项运动

“做某项运动是指什么?”凯蒂问。

“就是活动一下身体——比如跺脚啦，蹦床啦。很多人运动完了就会感觉好很多，然后他们就不怎么恼火了。”

“我来跺脚，”凯蒂说着在房间里大步走来走去，边走边说，“我恼火，我恼火，我恼火。”走了一会儿，她又跺着脚跑到爸爸身边，说：“我还是有点恼火。现在该做什么好呢？”

“那要看你了，凯蒂。你想要一些更多的主意吗？”爸爸说。

“当然！”她回答。

“你可以跳一支狂烈的舞或是把橡皮泥压扁。”爸爸说。

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### What do you think Katie will do?

Squish playdough..... page 12

Make up a mad dance..... page 26

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### 你认为凯蒂会做什么呢？

把橡皮泥压扁.....第 12 页

跳一支狂烈的舞.....第 26 页



## Squish Playdough

"I want to squish playdough," Katie announced. "Will you get the playdough for me?"

"Playdough coming up," Dad said as he cleared the table. "See how much of the table you can cover."

Katie plopped the playdough down on the table and began flattening it. "This isn't working," she complained. "I push and push and it is still one big lump. I'm more mad now. Mad at the clouds and mad at the playdough!"

"Would you like a suggestion?" Dad asked.

"Yes!" she answered.

"Divide the playdough into four pieces." Dad explained. "Put one in each corner of the table and then flatten it out. That way you won't have to push the playdough as far."

Katie divided the dough and began squishing it into the corners. When she was done she called, "Dad, come look."

"Hey! You covered most of the table," he said. "How do you feel now?"

"Still a little mad," she replied, "I'll do something else."

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### What do you think Katie will do?

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Plan something fun.....page 24

## 把橡皮泥压扁

"我要把橡皮泥压扁。"凯蒂宣布,"你能替我把橡皮泥拿过来吗?"

"橡皮泥来了!"爸爸边说边把桌子清理干净,"看你能用橡皮泥遮住多大的桌面。"

凯蒂把橡皮泥重重地往桌上一放,开始使劲地压扁它。"这不管用。"她抱怨道,"我压呀压呀,可它还是那么大一块儿,我这会儿更恼火了。对云恼火,也对橡皮泥恼火。"

"你想要个建议吗?"爸爸问。

"要。"她回答。

"把橡皮泥分成四份,"爸爸解释道,"每个桌角上放一块,然后再一一压扁。这样你就不用把它压成那么大了。"

凯蒂把橡皮泥分开,开始把它们挤到桌面的四个角上去。做完之后,她喊道:"爸爸,过来看呀。"

"嗨,你把大部分桌面都遮住了。"他说。"现在感觉怎样?"

"还有一点恼火。"凯蒂说,"我再做点别的事吧。"

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### 你认为凯蒂会做什么呢?

谈谈自己的感受.....第14页

干点好玩的事.....第24页



## Talk About Feelings

"Dot! Dot," Katie called, hunting for her dog. Dot came bounding over to her. She bent over to talk to her. Dot slurped her face with her tongue.

"Dot," she said, pushing her down, "I want to tell you how I feel. I am mad. Mad at the rain. And mad at Dad because he won't take me to the park. What do you think I should do?"

"Woof!" barked Dot, and turned around in a circle.

"You think I should tell Dad how I feel?" she asked. Dot stared at her. "Okay, I'll do it," she said.

Katie ran back to her dad. "Dad, I am mad. Mad at the rain. And mad at you. I'm mad 'cause you won't take me to the park."

"Hmmm," said Dad, "let me get this straight. You want to go to the park, and you're mad because I won't take you."

"Yeah." Then Katie added, "I want to do something fun with you."

## 谈谈自己的感受

"斑点!斑点!"凯蒂边叫边找她的小狗。斑点朝她跑过来。凯蒂弯下腰和她说话。斑点用舌头咂咂地舔她的脸。

"斑点,"她说着把小狗推开,"我要告诉你我的感受。我很恼火。对雨恼火,对爸爸恼火,因为他不肯带我去公园玩。你说我该怎么办?"

"汪!"斑点叫了一声,绕着圈跑起来。

"你认为我该告诉爸爸我的感觉吗?"她问道。斑点盯着她。"好吧,我去,"她说。

凯蒂跑回到爸爸身边:"爸爸,我很恼火。对这雨恼火,也对你恼火,因为你不肯带我去公园玩。"

"啊,"爸爸说,"让我把这理理清:你想去公园,因为我不肯带你去而感到恼火。"

"就是这样。"凯蒂加了一句,"我想和你一起做件好玩的事。"

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Turn to page 24.

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翻到第 24 页。



## Sing an Un-Mad Song

"Let's sing an Un-Mad song," Katie suggested.

"Do you know one?" Dad inquired.

"No, I thought you did," Katie answered.

"Un-oh, I guess we need to make up the words to the song ourselves," Dad said, as he sat down at the piano. "What do you want it to say?"

"Mad, mad feelings, it's time to go away," Katie chanted.

"Okay, how about this?" Dad asked as he began to play *Row, row, row your boat* and sing "Mad, mad, mad feelings, it's time to go away!"

"Now say, 'I don't want you anymore,'" Kate added.

Dad finished with, "I've had enough today." Then he suggested, "Let's sing it all together."

*Mad, mad, mad feelings, it's time to go away.*

*I don't want you anymore. I've had enough today.*

"It worked! I'm not mad, but I'd still like to make up a Mad Dance. Can we, Dad?" Katie asked.

"Sure we can," Dad smiled.

## 唱首不恼火的歌

"我们来唱首不恼火的歌吧。"凯蒂建议道。

"你会唱吗?"爸爸问。

"不会。我还以为你会哩。"凯蒂回答。

"啊哦。我想我们只好自己编词了。"爸爸说着坐到了钢琴前,"你想说些什么?"

"恼火,恼火的感觉,现在就消失。"凯蒂唱道。

"好吧。这样如何?"爸爸问道,开始一边弹"划,划,划你的小船",一边唱"恼火,恼火的感觉,现在就消失。"

"再加一句, '我再也不要你了'。"凯蒂补充道。

爸爸以"我今天受够了。"结尾。然后他提议:"我们一块儿唱这首歌吧。"

"恼火,恼火的感觉,现在就消失。"

"我再也不要你了。我今天受够了。"

"它管用了!我不恼火了。但我还是要跳支狂烈的舞,可以吗?"

"当然可以。"爸爸笑着说。

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Turn to page 26.

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翻到第 26 页。



