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Heute hab ich Wut im Bauch!

I'm So Angry!

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Entertaining and educational read by Anna Böhm

Nora the Kitten is having a bad day. She's having one tantrum after another. And the worst thing of all is that nobody understands her. They just want her to be nice again. Pah! Fortunately the gentle old dog Lollo is in the garden. He always understands. Nora stamps her paws and yells her heart out. Then she tells Lollo what's bothering her - and she immediately feels better. Everyone feels angry sometimes, and that's just fine. And once the anger has melted away, we can all laugh together.

- What can you do if you're feeling really angry?
- Charming story about a feeling that's difficult to control.
- Anna Böhm shows young children ways to manage their anger in this funny and non-judgmental story.

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Nora and her friends live in a house. The sun is shining and they are having a nice day. Nora wants to play with Pauli in the garden.

"We can swing and run around. It's going to be fun," Nora calls out.

"Nope," Pauli says. "I want to draw."

"Come on!" Nora tears tugs at him a little bit, but Pauli keeps drawing.

"Alright," says Nora. "Then I'll draw with you."

"No!" says Pauli. The 'no' sounds rather loud. "I think my picture turned out quite lovely. And you can't draw this good yet."

Oh well! That was pretty mean.

Nora becomes a little angry. She stamps her feet. "Silly picture!" she shouts. "It's really ugly!" But Pauli just goes on drawing. He even whistles a tune along with it! Although Even though Nora is angry.

That's enough now! "I'll never again play with you anyway!" Nora cries. She grabs a pencil and makes a fat dash on Pauli's picture.

Nora goes to see Eddie. He is repairing the old garden table. It looks quite complicated.

"Can we play, Eddie?" asks Nora.

"I'm afraid I don't have time, little one," Eddie says.

"But I want to," says Nora.

"Not now," says Eddie. "Later, okay?" Then he takes great care of the table again.

Later?! Nora becomes angry. The anger comes on top of the anger she already has because of Pauli. This is why she has to shout out loud. Really loud. "But I want to now!"

Eddie gets a fright and hides.. "Oh my! Please don't shout!"

"But I am angry! Even twiceTwice even!" Nora shouts.

Eddie peeks out. "Shall I give you chocolate?"

„Nah!“

"No anger please, Nora. I like it much better if everybody is lovely with each otherone is nice to each other," Eddie says. "Don't you want to be lovely nice again?"

„Nah! I'll never be lovely nice again!" Nora shouts.

Nora stomps into the kitchen. Sheepley is busy baking cake.

"Hey there!" says Sheepley. "Would you like to try some cherries?"

Oh yes, Nora would like that very much. The cherries taste sweet.

That's when Nora has an idea. She jumps on top of the cupboard. From up there she plops a cherry on the cake, this will look nice.

But Sheepley puts Nora back to the floor. "You are too little, Nora. You could fall off and hurt yourself."

Nora knows herself that she is little! Sheepley doesn't have to tell her.

"But still!" she says. And because she had been angry twice already, it sounds a bit loud now.

"No!" says Sheepley. "It is too dangerous!"

Nora gets a new anger. And when you get angry for the third time in a day – well, then the anger is pretty strong.

"But I want to!" she screams.

Sheepley puffs. "You must understand that you can't climb up the cupboard."

Sheepley keeps talking but Nora doesn't want to listen. Her anger is growing bigger and bigger. It's everywhere now.

In her head. Her belly. In her feet and her hands. And because it is so strong it needs to come out. Nora yells and throws herself on the ground.

Now Sheepley has had it. "I really don't like it when you scream around, Nora. I was so jolly all day," she shouts. "And now you are wrecking my good mood."

Sheepley grabs Nora and carries her outdoors. "Off to the garden with you. There you can rage and rampage."

Lollo sits in the garden and lets the sun warm him. Nora keeps raging. After all, also Lollo, too, has to know how bad everything is.

Lollo claps his paws. "Well, you are fantastically furious!"

"Even threeThree times even!" Nora screams and throws herself into the grass.

"Wow!" says Lollo.

He brings her wooden sticks and Nora crashes breaks them in half. That's when the rage can come out of her hands. Lollo nods.

He sits down next to her. Nora yells, and that's when the rage can come out of her mouth. She stomps, and that's when the rage can come out of her feet.

Rage is a bad feeling but also a good one, because it is so strong. And because it is everywhere.

Lollo puts his paw on Nora's back. The paw is soft and warm. He waits.

"Pauli doesn't want to play with me. Eddie has no time. And Sheepley even said I am little," Nora sobs, not quite so loudly anymore.

"You are really angry with them, aren't you?"

"Yeah!" Nora cries.

Lollo fetches more sticks. Nora crashes breaks them. Some sticks are longer.

Some shorter. Some are crooked. Nora lays out a pattern.

Suddenly she realises that she isn't yelling anymore.

"Are you feeling better?" asks Lollo.

Nora nods. "Do you also get angry sometimes?"

"Sure! Everybody gets angry sometimes, that's part of it," Lollo says. "Then I run around wildly through the garden and throw things."

Pauli comes into the garden. "Shall we play?" he asks.

Nora is happy. The two climb into the cherry tree.

Eddie brings the garden table. "Now I have time, Nora!" he calls.

Sheeply carries the cake. Oh yes, it turned out really lovely.

"Did you calm down?" asks Sheeply. She smiles at Nora. "One doesn't always have to freak out like this, you know? One should try and stay calm. Think about it first."

But what's that? Sheeply stumbles and drops the cake. It lands right on top of Lollo.

"My lovely cake!" Sheeply shouts out. "I have worked on it all day!"

Eddi gets a fright again. "Better try and stay calm," he says.

"Think about it first," Pauli suggest.

"Not working!" cries Sheeply. "I am way too angry!" She throws herself on the ground, right beside the cake, and yells loudly through the garden.

Nora knows exactly how Sheeply feels. That's why she sits down next to her und puts her little paw on Sheeply's back.

Well, the cake smells very nice! Of cream and cherries. Lollo peeks his head out of the cake.

"Yummy!" he says.

Nora tries tastes the cake. Pauli is right beside her to try taste it as well. Eddie schlurps a big piece.

Sheeply looks up and stops yelling. Baffled, she it stares at Lollo and the cake.

This looks really funny! Nora has to laugh. And the laughter is everywhere. In her head. Her belly. In her feet and her hands. She laughs out loud because the wonderful feeling is so strong.

The others join in laughing. Even Sheeply. "I think I freaked out myself out now", she says and giggles.

Nora nods. "We both did", she says. "Everybody gets angry sometimes, that's part of it."

Together they eat the cake from the ground. It tastes fantastic! Yes, they really are having a nice day.