

# The Angry Adventures of Kate and Dodge



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Dear Diary,

Today Grandma and Grandpa took me to see Dr. Wen.

Of course I took Dodge with me, I never go anywhere without my doggie.

He gets to wear a cool outfit, a fancy vest just like I have!

It helps others know he is special, just like me.

During our visit they used A LOT of big words that I didn't understand.

We had another talk, because I have been getting very angry again...

Sometimes I don't even know I am mad!

I just get SO MAD.

But, that is what Dodge is for, to make me feel better.

LOVE,  
KATE



Dear Diary,

Dodge and I played all day today outside!

Since Grandma, Grandpa, and I have the apartment on the bottom floor it is easy for us to explore.

Pretending to be pirates is our favorite.

Grandpa hides a treasure for us, but today I just got SO MAD

that I could not find it

When I get real mad

my insides start to burn,

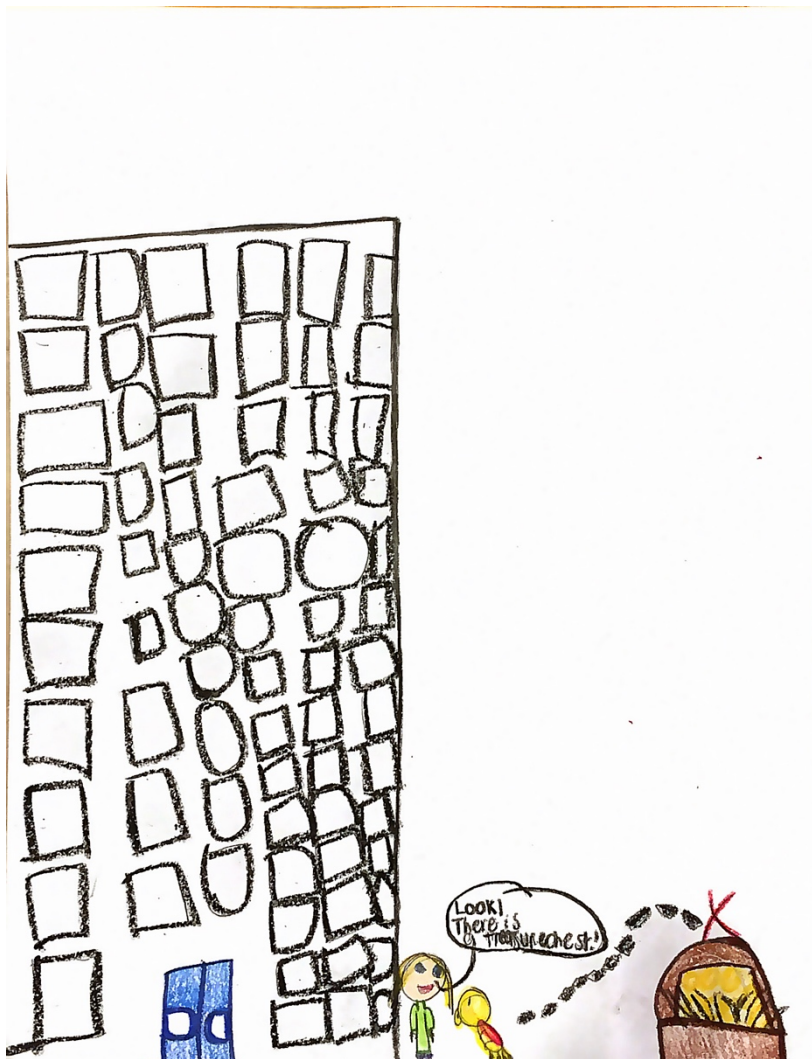
It feels like I am on fire.

My fists ball up. My legs start shaking. And I can't even see straight!

I yelled at Grandpa but I didn't mean it...

GOTTA GO, DINNER TIME!

LOVE, KATE



Dear Diary,

Today was a not so good day.

I got mad again... so mad I threw all of my spaghetti on the floor.

Grandma was very upset with me because she worked so hard on dinner!

They said tomorrow I have to go back to see Dr. Wen.

Dr. Wen and I have talked before about when I feel angry.

Dr. Wen said next time we will have to make some changes...

What kind of changes?!?

I am kind of nervous, I hope she isn't upset with me! I really do love our visits and talks.

Don't worry... Dodge will be there to help!

It's bed time now, 'gotta go!

LOVE, KATE



Dear Diary,

I just got back from Dr. Wen's office.

GOOD NEWS! She is not so mad at me.

I told her all about how I feel when I get angry and how Dodge is the only one who listens!

He always licks the tears off my face when I start crying from being mad.

Then she had SUCH  
A GOOD IDEA!

Since I can take  
Dodge anywhere and  
he always loves to  
play with me I can  
try to talk to him  
when I am angry  
He is my best friend  
and best friends are  
never too mad



(especially when they are doggies)

Dodge never yells at me and when we are sitting together, I can feel the fire in my stomach start to go away.

It is time to go back to school now, 'bye!

LOVE, KATE

Dear Diary,

I have been listening to what Dr. Wen told me.

When I feel like losing control, I only talk to Dodge.

We go somewhere quiet, or even just somewhere where it is just me and my pup

I can yell at first if I want to so I don't yell at friends and family, but Dodge just understands.

Then I tell him WHY I am so upset and we talk about it all!

I can cry and I can hold him until I feel in control again.

He never judges me. He just makes me so-o-o calm.

I am really happy that Dr. Wen had such a good idea.

LOVE, KATE



Dear Diary,

I forgot to tell you what I do after I talk to Dodge.

Once I get it all out and know I am feeling better, I can talk to Grandma and Grandpa.



Telling them what made me so mad can help so it doesn't happen again.

It is so much easier for them to understand me when I am not so upset. We all sit down at the table and talk.

I feel so angry for no reason sometimes and it helps to say "I am sorry."

I don't want to hurt Grandma and Grandpa because they love me so much.

And I love them!

If I can deal with my anger, we can all be one happy family again.

LOVE, KATE

Dear Diary,

UGH! Today was so horrible! I was so angry!

The boys at school were being mean to me and wouldn't let me play with them.

They said, "No girls can play this game," so I threw all their toys on the ground.

Mr. Mack sent me to the office and just would not listen to me! It wasn't fair!

While I was waiting, I talked to Dodge. He understood what I meant. He knew that girls should be able to play what boys do. We talked for a long time because the principal was busy.

But that was a good thing. I had totally relaxed by the time I went into his office. I could explain everything.

I know I should learn to control my anger, but the boys needed to share too.

I am so glad Dodge was there so I didn't yell at my principal, I like him!

Grandma is calling me downstairs, 'gotta go!



LOVE, KATE



Dear Diary,

Things have been good lately. But everyone has bad days, right? We were at the grocery store and Grandpa would not let me get my favorite snack!

I WAS REAL MAD! I yelled at Grandpa

He tried explaining to me but I could not hear him.

Me and Dodge stopped in the aisle to talk.

Once I calmed down, I realized what Grandpa was saying...My snack was already at home.

I forgot we got it last time at the store...

Good thing Dodge was there because then I talked to Grandpa so fast and I wasn't mad anymore!

LOVE, KATE



Dear Diary,

Sorry diary, I know it has been awhile since I wrote.

I have been crazy busy!

Things have been so-o-o-o-o good with me.

I still get mad, but I use Dodge to get over it now!

Me, Grandpa, and Grandma have been getting along so well.

I am so lucky to have Dodge to talk to.

He helps me control my anger.

I get better every day!



'SO NICE TALKING TO YOU,  
DIARY!

LOVE, KATE

*Dear Caregivers,*

*This book was created as a way to help young children deal with their anger issues. Anger and the reasons for anger are hard for children to understand. Finding different sources of relief can be extremely helpful.*

*Even if they do not have a service animal, as Kate does in this story, the approach is the same. Help the child find some safe way to share their feelings. This can be a stuffed animal or a diary, as we read here.*