

ANGRY ANNA

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Anna was on her way home from school and she was angry. But she wasn't just angry,

She was very, very angry... And she wanted the whole world to know.

Soon Anna came across a beautiful bird singing merrily in a tree. Now for some reason this made Anna angry. But not just angry, it made her very, very angry... And she wanted the bird to know.

So, she picked up a stone... And threw it as hard as she could.

But the bird just flew away to another tree without a care in the world, causing leaves to fall and land in Anna's hair.

Anna kept walking.

Soon Anna came across a chicken happily foraging for food. For some reason *this* made Anna angry,

But not just angry, it made her very, very angry, and she wanted the chicken to know

So, she lifted her foot and kicked the chicken as hard as she could. But the chicken simply fluttered away and kept foraging elsewhere, causing Anna to fall in the dirt.

Anna kept walking.

Soon Anna came across a fast-moving creek. And she tried to get across using the stepping stones

But her foot slipped... And her shoes got all wet. Now THIS made Anna angry. But not just angry, it made her very, very angry - and she wanted the creek to know.

So, she picked up a stick and hit the creek as hard and as fast as she could. But this just made Anna and everything around her soaking wet.

Finally, Anna got home. "Anna! Her mother said surprised. "You look angry! But not just angry, you look very, very angry. Why?" she asked.

"Because the kids at school told me I was useless, stupid and dumb" said Anna. "And are you?"
Asked her mother?

"Of course not!" said Anna. "Then why are you angry?" asked her mother. "Because they said so!"
Snapped Anna. "Hmm," said her mother. "so, if I called you a yellow, polka dot pumpkin head with purple leaves would that make you angry?" "Aw mum, don't be silly, of course not." Said Anna

"Why not?" asked her mum. "Because it's not true!" said Anna

"Exactly" smiled her mother. "People will call you a lot of things in life - But you don't have to believe them. And if you don't have to believe them, you don't have to be angry."

Anna thought about it for a second... And then she smiled. Because this made her happy. But not just happy, it made her very, very happy - and she wanted the whole world to know.

So, she reached out and gave her mum the biggest hug she could. And that's how Angry Anna...

Became amazing, wonderful, happy, confident and able to take on any problem in the world... Anna.

END