

Dante's Happy Heart: Learning to Tame the Anger Dragon



By [Shane Connelly's AI Childrens Book Generator](#)

Once upon a time, in a playful little town, lived a young boy named Dante. Dante had light brown skin and curly, dark brown hair. He loved to play outside in his favorite red t-shirt and blue shorts. But sometimes, Dante felt something big and growly inside his tummy. It was his Anger Dragon! The Anger Dragon was fiery and loud, and when it roared, Dante would get very, very angry.



One sunny morning, while playing with his favorite toy blocks, Dante's tower suddenly tumbled down. The Anger Dragon began to growl! Dante's face turned red, his hands clenched into fists, and he began to stomp his feet.



His mommy came and knelt beside him. "Dante," she said softly, "I see your Anger Dragon is awake." "Let's try some magic tricks to help it calm down."



Mommy showed Dante a deep breathing trick. Together, they took a deep breath in and blew out slowly, like blowing a big fluffy cloud. The Anger Dragon started to look sleepy.



Next, Dante's mommy suggested using words to tell the dragon how he felt. "I'm mad because my tower fell," Dante said. The Anger Dragon understood and began to shrink a little more.



Finally, they practiced an energy shake exercise! They wiggled their fingers, then their arms, wiggled their legs, and ended with a giggle. Dante's Anger Dragon finally yawned and curled up, fast asleep. Dante felt peaceful and happy.



Now, whenever Dante felt the Anger Dragon wake up, he knew just what to do. With the help of some magic tricks and a loving heart, Dante learned how to calm his Anger Dragon and felt much happier.



And so, Dante's adventure to tame the Anger Dragon became his favorite story, shared with friends far and wide. "When you feel that growl," he would say with a smile, "just remember the tricks to calm your dragon."



And most importantly, every time Dante heard the Anger Dragon's growl, he would take a moment, breathe, and find his happy heart again. The Anger Dragon was not so scary anymore, but just another friend who needed a little care.



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