

For the Cosgrove Family
with love and gratitude.

JS



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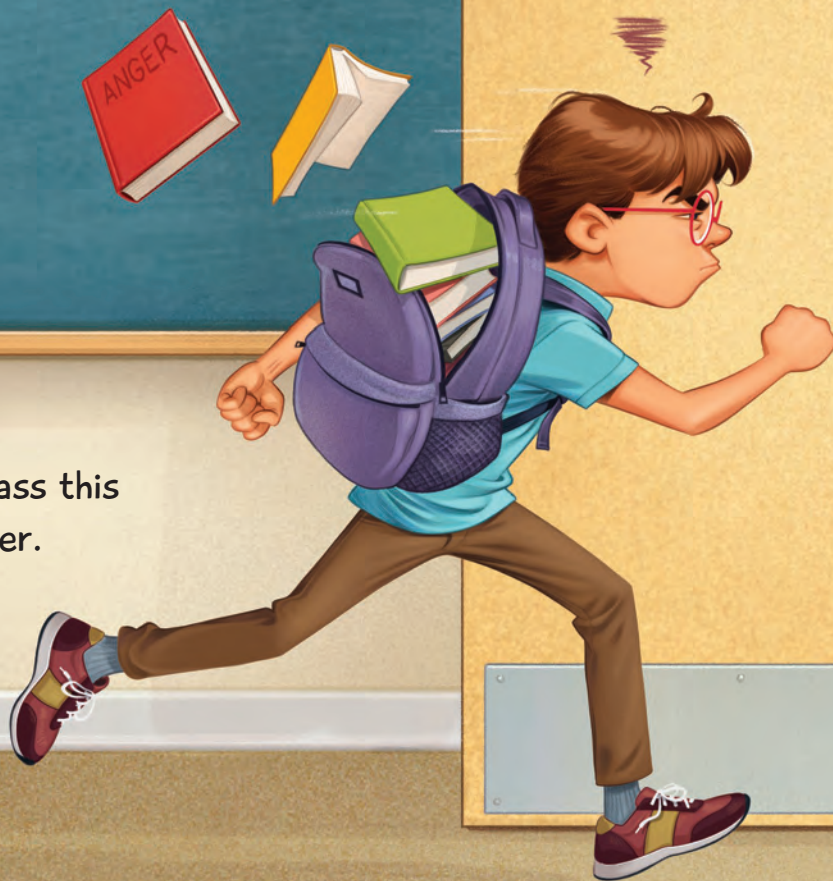
Welcome to Sunnyvale Elementary, where backpacks are more than just backpacks and the students are learning to be backpack detectives.

At first glance, magic backpacks may look pretty ordinary. They have pencils and folders and favorite keychains on zippers. A few even have moldy lunchbox science experiments hidden inside.

But backpack detectives know how to uncover the “books” that are harder to see. These books are the heavy feelings and tough stuff that each person carries around.

Sometimes these feelings get all mixed up and bubble over, exploding onto others. When that happens, there is usually a fiery, red book right at the top: Anger.

When Ben ran out of class this morning, there was Anger.



When Ana shouted at her friends,
that was Anger too.



When Grace pushed Katie on the playground, and Mrs. Miller yelled, "ENOUGH! No recess for the rest of the week if you can't stop arguing!"

HELLO, ANGER



Sometimes it feels good to get mad. Anger is tricky that way. It tries to protect us from uncomfortable feelings by making us feel strong and in control...

Ben's face was hot.



Ana's hands balled up into fists.



Grace's belly tightened, and her jaw clenched.



Mrs. Miller's heart was pounding in her chest.



But those powerful sensations don't last,
and the books really start to pile up.