



# ANGRY PANTS

ENOJONA

Taylor Wasserman

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To Elysia  
You inspire me every day...

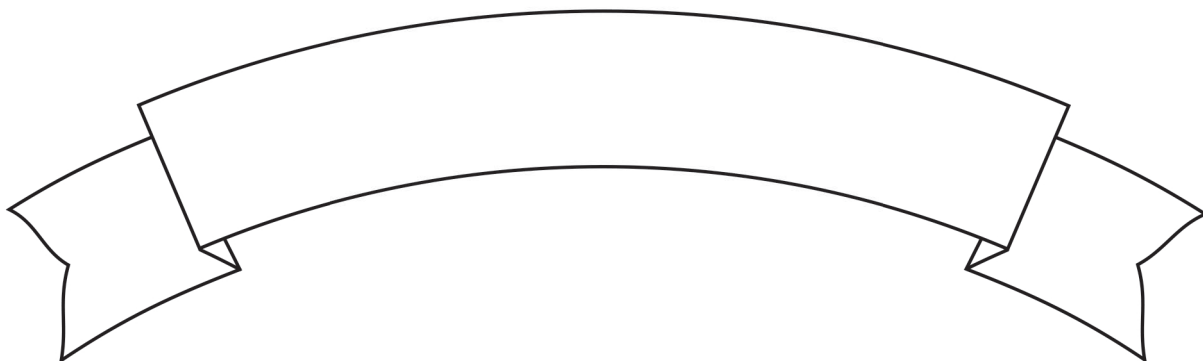






**This book belongs to:**

*Este libro pertenece a:*





An illustration of a woman with long brown hair, wearing a blue jacket and tan shorts, sitting on an orange sofa. She has a frustrated expression, with her mouth wide open as if shouting. A grey TV remote with a blue power button is flying through the air near her. A small white dog is sitting on the sofa next to her. In the background, two women are standing near a doorway, one holding a green bag. The scene is set in a room with a potted plant and a window showing greenery outside. The background is a mix of orange and teal colors with some abstract shapes.

**Today made me angry,**  
*Hoy me hizo enojar,*  
**I don't want to go to bed!**  
*¡No quiero ir a la cama!*

**I want to stay up and watch TV instead!**  
*En vez de eso quiero quedarme despierta y mirar tv!*

Can you help us understand?

*¿Puedes ayudarnos a entender?*

What happened today?

*¿Que paso hoy?*





Well, my best friend

*Bueno, mi mejor amiga*

chose a different playmate.

*eligió jugar con otra compañera.*



Do you think you might be feeling a little betrayed?

*¿Crees que te puedes sentir un poco traicionada?*



Hurt feelings don't easily go away.

*Sentimientos dolorosos no desaparecen fácilmente.*



Yes! She is supposed to be MY friend.

*¡Sí! se supone que es mi amiga.*

She is supposed  
to pick ME.

*Se supone que ella me elija.*

That's how it's supposed to be.

*Así es como se supone que debe ser.*

**I completely understand, I see.**

*Te entiendo completamente.*

**I would feel so disappointed**

*Me sentiría tan decepcionada*

**if that were me.**

*si fuera yo.*



**I understand your big feelings, they probably came like a blast.**

*Entiendo esos sentimientos tan fuertes, ellos probablemente se sintieron como una explosión.*

**Becoming angry can happen really, really fast.**

*Enojarse puede suceder realmente muy rápido.*



**The truth is, sometimes, we hold back our tears.**

*La verdad es que a veces contenemos nuestras lágrimas.*

**Because we are let down by somebody dear.**

*Porque quien nos defrauda es alguien que queremos.*

**So, it is really sadness or loss that we fear.**

*y en realidad, es la tristeza o la pérdida a lo que le tememos.*

An illustration of a young girl with brown hair in pigtails, wearing a blue jacket and a checkered skirt, sitting in a small orange boat. She has a sad expression and is crying. A black cat with green eyes is sitting next to her. The background is a turbulent blue sea with white-capped waves. A large, brown, textured cloud is positioned above the girl. The text is overlaid on the scene.

I AM so sad! But  
*¡Estoy tan triste! Pero*  
I don't want to cry.  
*no quiero llorar.*

I feel like I will drown if  
*Siento como si me fuera a ahogar si*  
too much comes from my eyes.  
*es demasiado lo que sale de mis ojos.*

**We are here for you love.**

*Estamos aquí para ti amor,*

**We won't let you drown.**

*No dejaremos que te ahogues.*



**It is important to make space for your feelings**

*Es importante hacerle lugar a tus sentimientos,*

**to notice what you feel deep down.**

*notá qué es lo que sientes dentro de ti.*

My heart hurts. I just feel so alone.

*Mi corazón duele. me siento tan sola.*

I keep thinking that I should have known.

*sigo pensando que yo debería haber sabido.*



Should have  
known what  
my love?

*Que deberías  
haber sabido  
mi amor?*





**That I should have tried harder.**

*Que debería haberme esforzado más.*

**That I wasn't cool enough.**

*Que no era lo suficientemente genial.*



**That I should have been extra funny or tough.**

*Que debería haber sido extra divertido o dura.*



**If you can't trust that she loves you for you,**

*Si no puedes confiar que ella te quiere por quien eres,*

**she is not a friend after all.**

*ella no es una amiga despues de todo.*

**Because friends aren't meant**

*Porque los amigos no son para*

**to make you feel blue**

*hacerte sentir triste*

**or feel you have to  
be somebody new.**

*o para hacerte sentir que  
tienes que ser alguien nuevo.*





**Then what?**

*¿Y entonces que?*

**I'll have no best friend?**

*¿no tengo mejor amiga?*

**Who will I eat lunch with**

*¿Con quién almorzaré*

**or play pretend?**


*o jugaré a fingir?*

**You can talk to her first and tell her how you really feel.**

*Puedes hablar con ella primero y dile cómo te sientes realmente.*

**Tell her it made you sad. Tell her the real deal.**

*Dile que te puso triste. Dile la verdad.*



**That I want a true friend**  
*¿Que quiero una amiga de verdad*  
**who won't leave me behind?**  
*que no me deje de lado?*

**That is fair to ask.**

*Es justo pedir eso.*

**Communicating your**

*Comunicar tus*

**needs is important**

*necesidades es importante*

**and kind.**

*y amable.*

**What if she doesn't care?**

*¿Y si a ella no le importa?*

**What if she says no?**

*¿Qué pasa si ella dice que no?*

**Then it's**

*Entonces está*

**ok to let her go.**

*bien dejarla ir.*



**It's important to remember some friends**

*Es importante recordar que algunos amigos*

**are not meant for forever.**

*no son para siempre.*

**That it is ok to cry when you are scared**

*Y que está bien llorar cuando tienes miedo*



**of losing a friend and all that you have shared.**

*de perder un amigo y todo lo que compartiste.*

**That pain is real. You are not alone.**

*Ese dolor es real. No estás sola.*

**You can always come to us.**

*Puedes venir a nosotras siempre.*

**We are your home.**

*Somos tu hogar.*

**These feelings won't**

*Estos sentimientos no*

**last too long.**

*durarán mucho.*

**You'll soon be ok.**

*Pronto estarás bien.*

**You'll find true friends**

*Encontrarás verdaderos amigos*

**who will love you for**

*quiénes te amarán por*

**being so strong**

*ser tan fuerte*

**and brave.**

*y valiente.*



Do you think you are ready to let those big feelings

*Crees estar lista para permitir que esos fuertes sentimientos*

in your chest have some time and space to rest?

*en tu pecho tengan un poco de lugar y espacio para descansar?*

I am really tired. Can you help me fall asleep?

*Estoy muy cansada. ¿Puedes ayudarme a conciliar el sueño?*

Absolutely!

*¡Absolutamente!*

Should we maybe count some sheep?

*¡Tal vez deberíamos contar algunas ovejitas?*





**As you close your eyes,**  
*Mientras cierras los ojos,*

**say this on repeat ...**  
*repite esto una y otra vez...*



**I am brave and I am strong.**  
*Soy valiente y soy fuerte.*  
**I am loved and I belong. No matter**  
*Soy amada y pertenezco. No importa lo*  
**what happens I will thrive and carry on!**  
*que pase voy a florecer y seguiré adelante!*






# Journal Prompts



If this is your book, you can write directly on the pages to answer these questions as best as you can. If it is not your book, please use a blank piece of paper.

Si este es tu libro, puedes escribir directamente en las páginas para responder a estas preguntas lo mejor que puedas. Si no es tu libro, utiliza una hoja de papel en blanco.



In what ways can you relate to MJ's story?

¿De qué manera te puedes relacionar con la historia de MJ?



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When you feel hurt do you get angry, sad or how do you feel? Explain.

Cuando te sientes herido/a, ¿te enojas, te entristeces o cómo te sientes? Explica.

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Why do you think it is important to make space for your feelings?

¿Por qué crees que es importante dejar espacio para tus sentimientos?



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Emotions can be scary (even for adults). Are there any feelings you are not making space for right now?

Las emociones pueden dar miedo (incluso para los adultos). ¿Hay algún sentimiento al que no le estás dando espacio en este momento?

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Where do you feel your feelings? Describe.

¿Dónde sientes tus sentimientos? Describe.

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Point to where  
apunta a donde





Have you ever felt betrayed by a friend? Explain.

¿Alguna vez te has sentido traicionado/a por un amigo/a? Explique.

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What advice would you give a friend who seems angry?

¿Qué consejo le darías a una amiga que parece enojada?

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Is there an important person in your life that you have a fear of losing or wish you could spend more time with?

¿Hay alguna persona importante en tu vida que tengas miedo de perder o con la que desearías poder pasar más tiempo?

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What do you love most about yourself?

¿Qué es lo que más amas de ti?



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# Who Loves and Supports You?

¿Quiénes te aman y te apoyan?





# Draw What Your Angry Face Looks Like

Dibuja cómo se ve tu cara enojada





# Draw Your Pet or Favorite Animal

Dibuja tu mascota o animal favorito





**I am brave and I am strong.  
I am loved and I belong. No matter  
what happens I will thrive and carry on!**

- ANGRY PANTS

# Create Your Own Mantra

A mantra is an empowering and calming chant.

Crea tu propio mantra: Un mantra es un canto de empoderamiento y calma.



What did you learn from this book?

¿Qué aprendiste de este libro?

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What is your favorite part of this book?

¿Cuál es tu parte favorita de este libro?



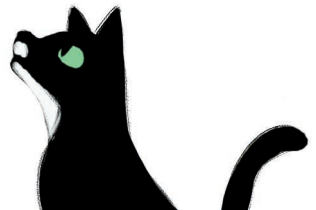
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# About the Author

Taylor Wasserman is an author based in Southern California. She is incredibly passionate about the well-being and mental health of children, especially the impact validation has on a child's self-esteem and emotional development.

All of us want to feel that we matter—to be heard, accepted, and understood. It is Taylor's hope that this book reaches formative minds and makes a difference.

She lives with her fiancé, Elysia, and her fur babies, Skye and Indie. *Angry Pants* is her very first children's book, though she has many more to come!