

# alimonti books

The short poem provides a light-hearted starting place for parents to discuss anger with their children and to understand that anger is natural, but should not translate into actions that are hurtful to others or even to the angry child. Rather, anger and strong emotions can become a positive force that helps children to achieve and persevere.

## Inside Out By Frederick Alimonti

About the poem: *Sally Simpson and Jessie Smith could not be more different; it would seem. Sally has wealthy parents, a giant home, the best clothing, and is hugely popular. Jessie lives with her single mother and younger brother. She is not popular, has many responsibilities at home, and largely keeps to herself. Sally and her "cool" friends often tease Jessie:*

"Here comes nut job  
And her little brother.  
Oh wait, I am wrong  
I think she's his mother."

"Look at her hair  
Look at that sweater.  
I think that my Dog, Spot,  
Dresses better!"

[Beginning another day at school, Sally awakens to find herself transformed into a hideous beast. A bus takes her to a strange school populated by other strange creatures. She has come to the "School of the Inside Out," she learns:]

"You are completely unchanged  
Of that there's no doubt  
But here, you see,  
You wear your insides out."

"Here it's not your outside  
That makes up your features.  
Rather here we all wear  
Our innermost creatures."

"Your appearance here comes  
Not from your skin  
But the depth of the character  
That you hold within."

*As Sally encounters various characters, she comes to learn where true beauty lies and to appreciate her friends, old and new, quite differently.*