

alimonti books

Little Monster Me

by Frederick Alimonti

About the poem: *Little Monster Me takes a light-hearted and constructive approach to helping children accept and channel anger. Told from the perspective of a small child with a "little monster" that lives within him.*

He's sleeping when I'm happy
Even sleeping when I'm sad
But his alarm clock seems to ring
When I get the least bit mad

[After an angry outburst, the child's mother reassuringly tells him that she too has a "monster" and has learned to use it and control it.]

"It's what little monster
Told me to do,"
I explained to my mother
(Who I thought had no clue).

"Oh him," said my mother
That monster in you.
I will tell you a secret,
there's one in me too ."

* * *

"He's so full of energy
So use him for fun
Because you know staying angry
You're bound to have none"

"He can help you to play
And learn a new sport
Or make some new art
And all other sorts"