



# When I Feel Angry

**Sometimes, I feel angry.**



**It is okay to feel angry.  
Everyone feels angry sometimes.**

# I might feel angry when...



**I have to wait for a turn.**



**I don't win at a game**



**my friends do not want  
to play with me.**

**When I feel angry, I might feel hot.**



**I breathe faster and want to yell.**

**I might feel like hitting someone.**



**When I feel angry,  
I can help myself feel better.**



**My educators and parents  
can help me feel better.**



**When I am feeling angry, I can use my words to tell people: “I feel angry.”**

**I can do other things to help me  
with my anger.**

**I can take deep breaths.**



**I can get a drink of water.**





**I can go to a quiet space.**



**I can listen to music.**



**I can read a book.**

**When I feel calm,  
I can solve the problem  
and go back and play!**



**I will not feel angry forever.**

