

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.

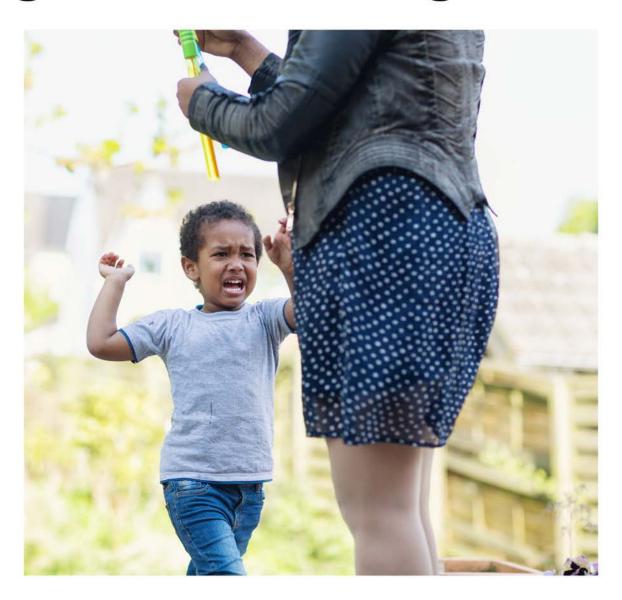
When I feel angry, I might feel hot.



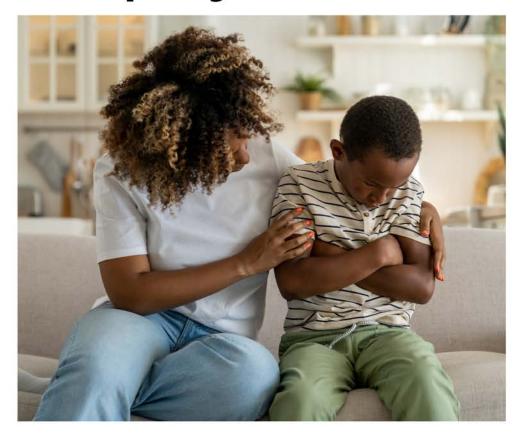


I breathe faster and want to yell.

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 get a drink of water.

I can take deep breaths.



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.

