

When I Feel Angry

Infants and Toddlers



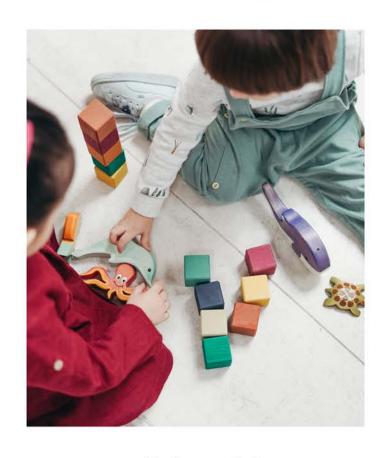


Sometimes, I feel angry.



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

I might feel angry when...



my friend has something I want or takes something I have.



when I can't do something all by myself when I want to.

I might feel like hitting or biting someone.





When I feel angry, I can use words or signs to tell people: "I feel angry!"

A grown up can help me feel calm.



We can take deep breaths.

I can get a hug.



When I feel better, I can go back and play!



I will not feel angry forever.

