



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.

