



When I Feel Angry

for Infants & Toddlers

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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.



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 tell people, “I feel angry!”

Note to educators: Some children might benefit from key words in sign and/or their home language. <https://babysignlanguage.com/>

A grown-up can help me feel calm.



We can take some
deep breaths.

I can get a hug.



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



I will not feel angry forever.

