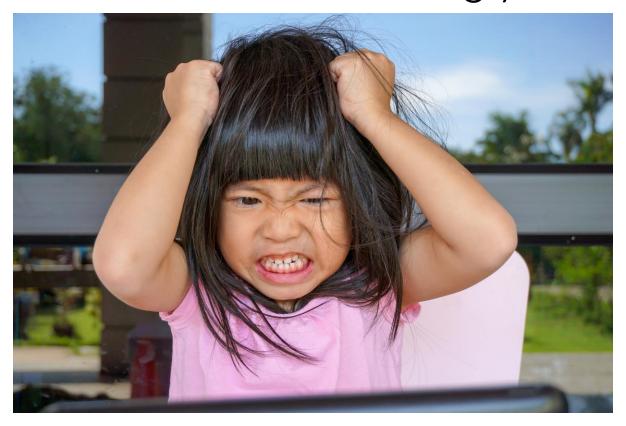




When I Feel Angry

Sometimes, I feel angry.



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

I might feel angry when...

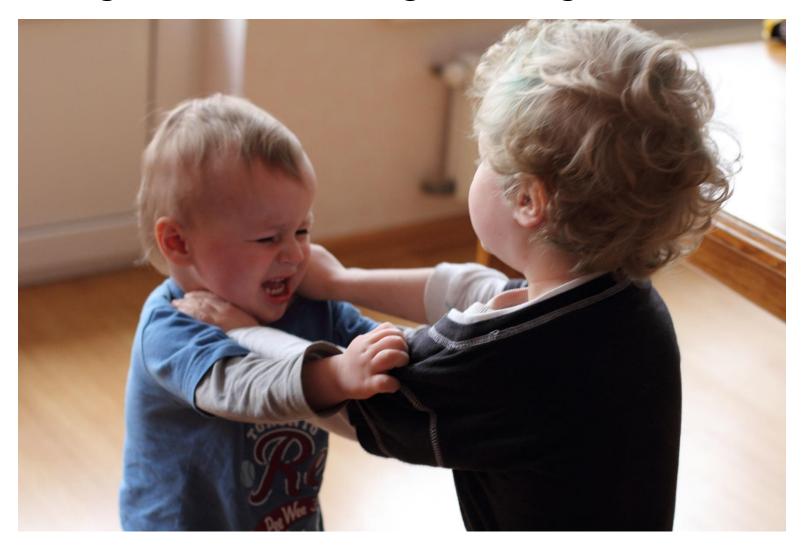


My friend has something I want.



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!"

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.

