



When I Feel Angry

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Sometimes, I feel angry.



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

I might feel angry when...



My friends do not want to play with me.



I don't win at a game.



I have to wait for a turn.

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.



A grown-up
can help me feel better.



When I am feeling angry, I can 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 listen to music.



I can read a book.



I can go to a quiet
space.

When I feel calm, I can solve the problem,
and go back and play!



I will not feel angry forever.

