

Being Angry



Sometimes I feel angry. All kids feel angry at one time or another.



When I feel angry, I will try to take one deep breathe nice and slow.



I will count to 10 and try to calm down..



Then I will find an adult such as my teacher, my teacher helper, recess aide, Mom or Dad.



I feel
angry
because
...

When I find an adult, I will tell them that I feel angry. I will tell them why I am feeling angry.



When I talk to them, I will try to stay calm and use my words. I may choose to draw pictures to help me be able to explain my problem better.



They will talk to me about what happened. They can help me find ways to solve my problem.



This will help me feel better. I am glad that I know what to do when I am angry!