



Feeling Angry

- Feeling angry is when we get so upset or annoyed with somebody or something that we might want to do things that are not nice.
- Everybody feels angry sometimes. There are lots of reasons why we might feel angry:
 - when something we were hoping would happen doesn't happen.
 - when somebody or something stops us from doing what we wanted to do.
 - when someone or something hurts us
- Feeling angry sometimes is OK. It is a normal part of life and usually lasts only a short time. However, when we are angry we might do bad things that are not OK like:
 - shout or scream
 - be rude or swear
 - try to damage things
 - try to hurt others or ourselves
- When we feel angry we can try to get calm by:
 - talking to someone about how we feel
 - having some quiet time on our own
 - doing another activity we find calming
- It is OK to feel angry. But it is not OK to do bad things when we are angry. It is important to try to make ourselves calm and in control.

