



I Feel Angry

- Feeling angry is when I get so upset or annoyed with somebody or something that I might want to do things that are not nice.
- I can feel angry:
 - when something I hoped would happen doesn't happen
 - when somebody or something stops me doing what I want to do
 - when someone or something hurts me
- It is OK if I feel angry sometimes. It is a normal part of life and usually lasts only a short time. It is important that I try to control myself when I feel angry so that I don't do bad things like:
 - shout or scream
 - be rude or swear
 - damage things
 - hurt others or myself
- When I feel angry I can try to stay calm by:
 - talking to an adult
 - talking to a friend
 - being alone for a few minutes
 - doing a calming activity
- It is OK to feel angry sometimes. But it is not OK to do bad things because I am angry. I need to try my best to stay calm while I feel angry.

