

Sometimes I Feel Angry

My name is _____ and
I go to _____ school.



Sometimes, I feel angry.

I feel angry when _____
_____.

This makes me feel hot inside.

When I feel angry, I need to tell
the teacher how I feel.



I can take a deep breath and say, 'I
feel angry.'

Or, I can use _____
_____.



Then my teacher will know I am angry.

My teacher will help me make
a good choice.

My teacher might let me take
a break or go for a walk.

I will try to tell my teacher
when I feel angry.

This will make my teacher
feel happy.



Sometimes I Feel Angry

My name is _____ and
I go to _____ school.



Sometimes I feel angry.

When I am angry, I might want
to hit or scream or shout.



This might get me in trouble.

This will make my teacher feel sad.

When I am angry, I need to follow the angry rules.
The angry rules will help me.

The angry rules are:

Tell your teacher how you feel.

Don't hurt yourself.

Don't hurt property or people.



I will try to follow the angry rules.

I will feel better when I follow the
angry rules.

My teacher will feel happy.



Sometimes I Feel Angry

My name is _____ and
I go to _____ school.



Sometimes I feel angry.

I might want to scream or hit or shout.

This makes my teacher sad.



When I feel angry, I will tell my teacher.

My teacher will help me make a
good choice.

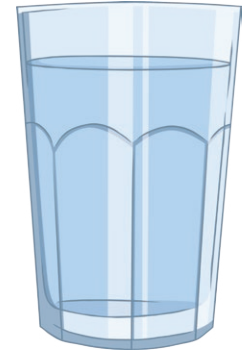


A good choice could be to take a
break or go for a walk.

A good choice could be to have a
drink of water.

A good choice could be to stand up
and stretch.

My teacher will help me to make a good choice.



When I feel angry, I will try to tell
my teacher.

This will make my teacher feel
happy.

This will help me when I feel angry.

