

# Sometimes I Feel Angry

My name is \_\_\_\_\_

and I go to \_\_\_\_\_ school.



Sometimes, I feel angry.

I feel angry when. \_\_\_\_\_

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This makes me feel hot inside.  
When I feel angry, I need to tell the  
teacher how I feel.



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 \_\_\_\_\_

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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

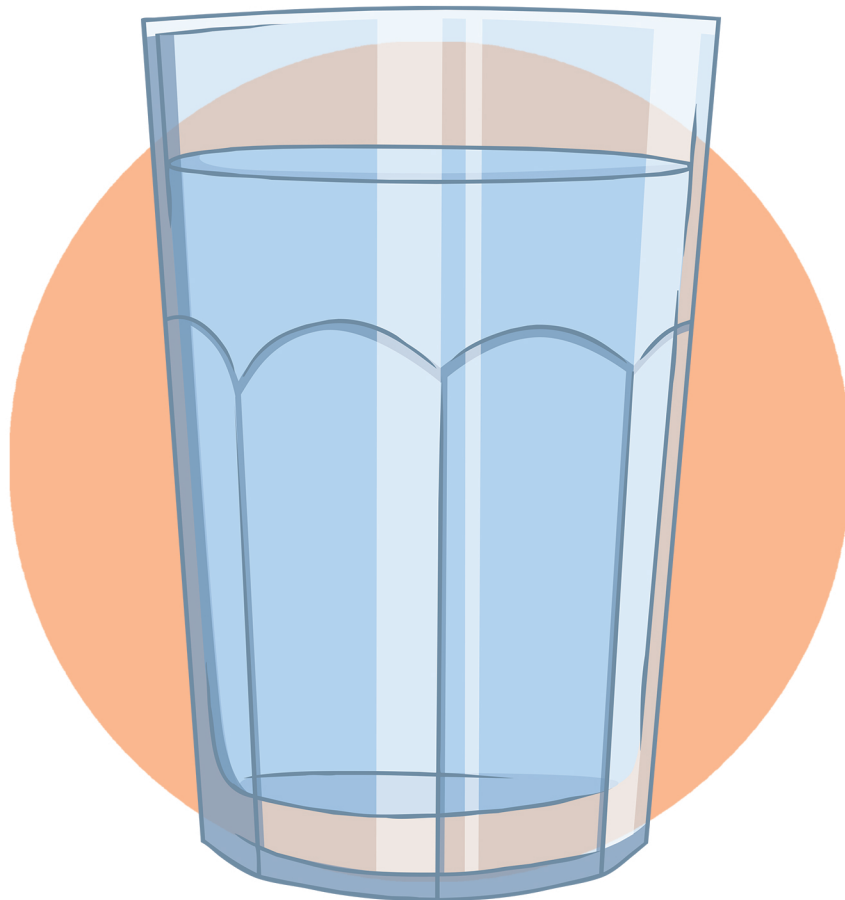


A good choice could be to take a  
break or go for a walk.

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.

