Feeling Angry

Sometimes I get really angry.

It is natural to feel anger.

Everyone feels like it sometimes.

When I feel angry I might hurt people.

I sometimes shout at people.

I might swear.

I might throw things.

If I do these things I could be in trouble.

People will feel upset with me.

People might not want to be my friend because I have scared them or made them feel sad.

I will then feel guilty and upset with myself.

So, instead, I could ask a grown-up for help.

I could move away from what’s made me angry.

I could go to a quiet place to calm.

I could punch a pillow and stamp my feet.

I could do an activity that calms me.

If I do these things I won’t upset others.

I won’t get into trouble.

I will feel better about myself.

My grown ups will feel proud of me.