

What to do when I feel angry ?



It's normal to feel different emotions every day! Sometimes you might not know what emotion you are feeling and that is ok!



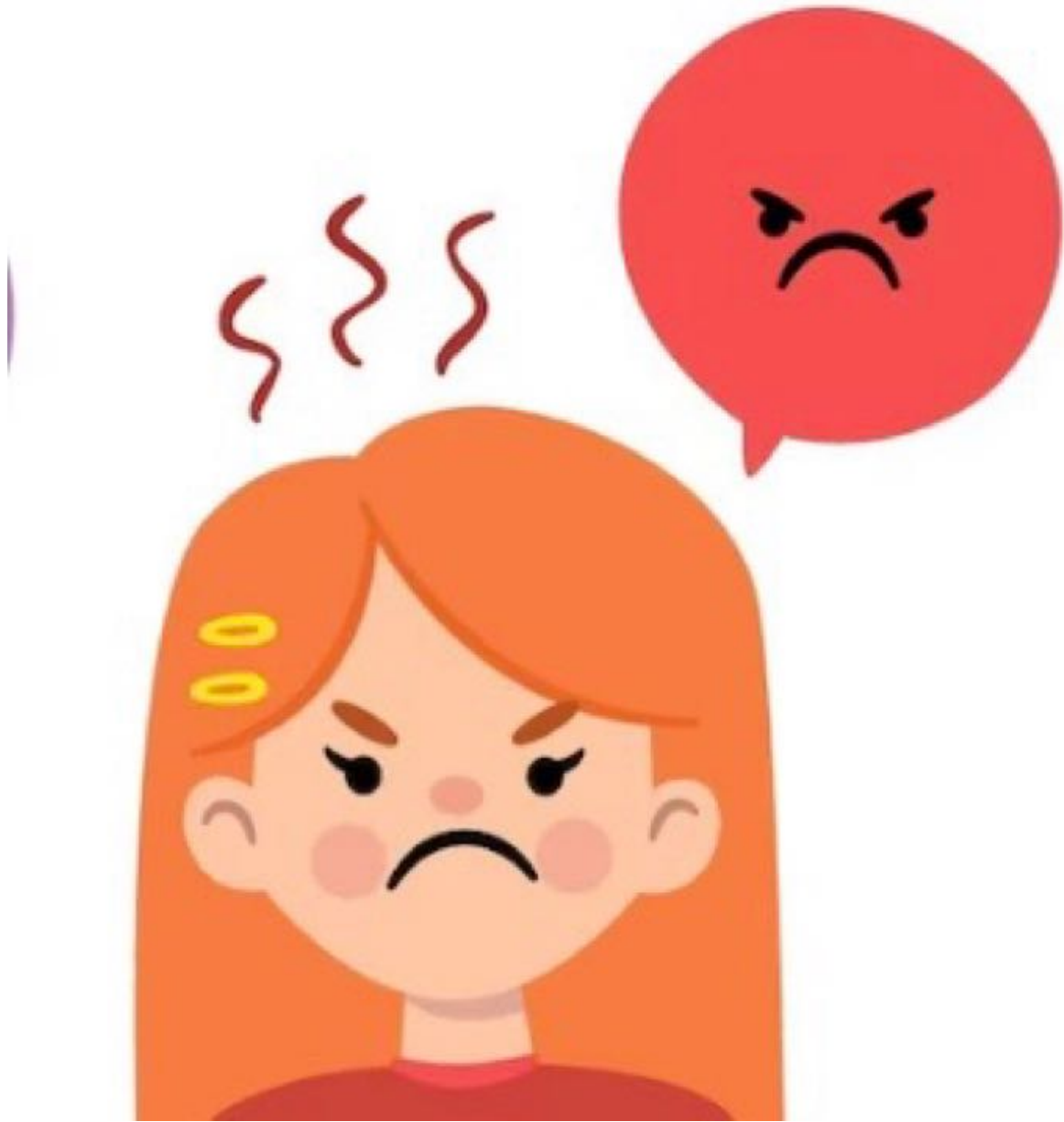
Sometimes we can feel happy!



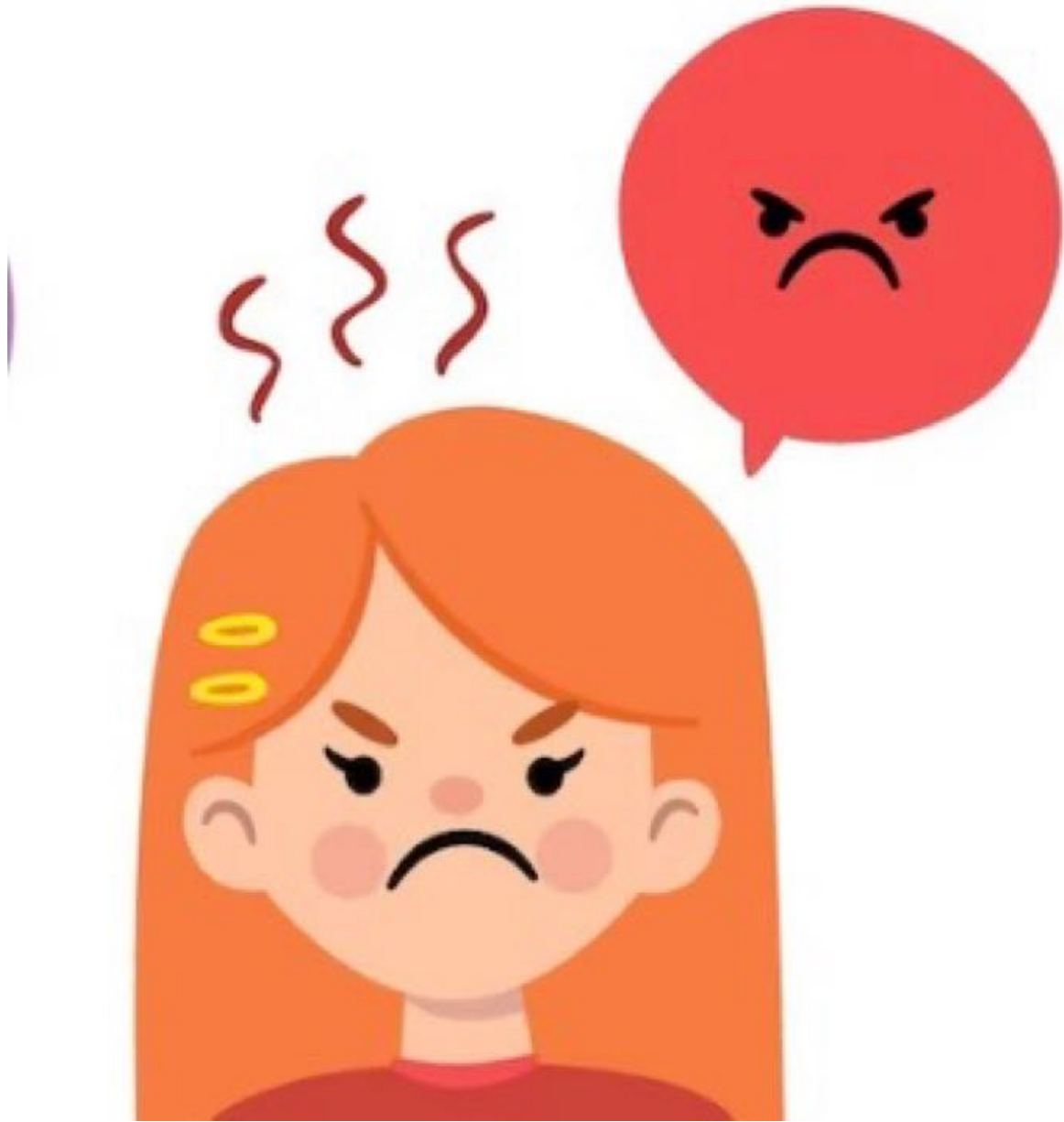
Sometimes we can feel sad.



Sometimes we can feel silly and playful,



But sometimes we can feel ANGRY !!



Anger can feel nasty. It can feel like you want to shout and throw things.....



What should I do when I feel angry?



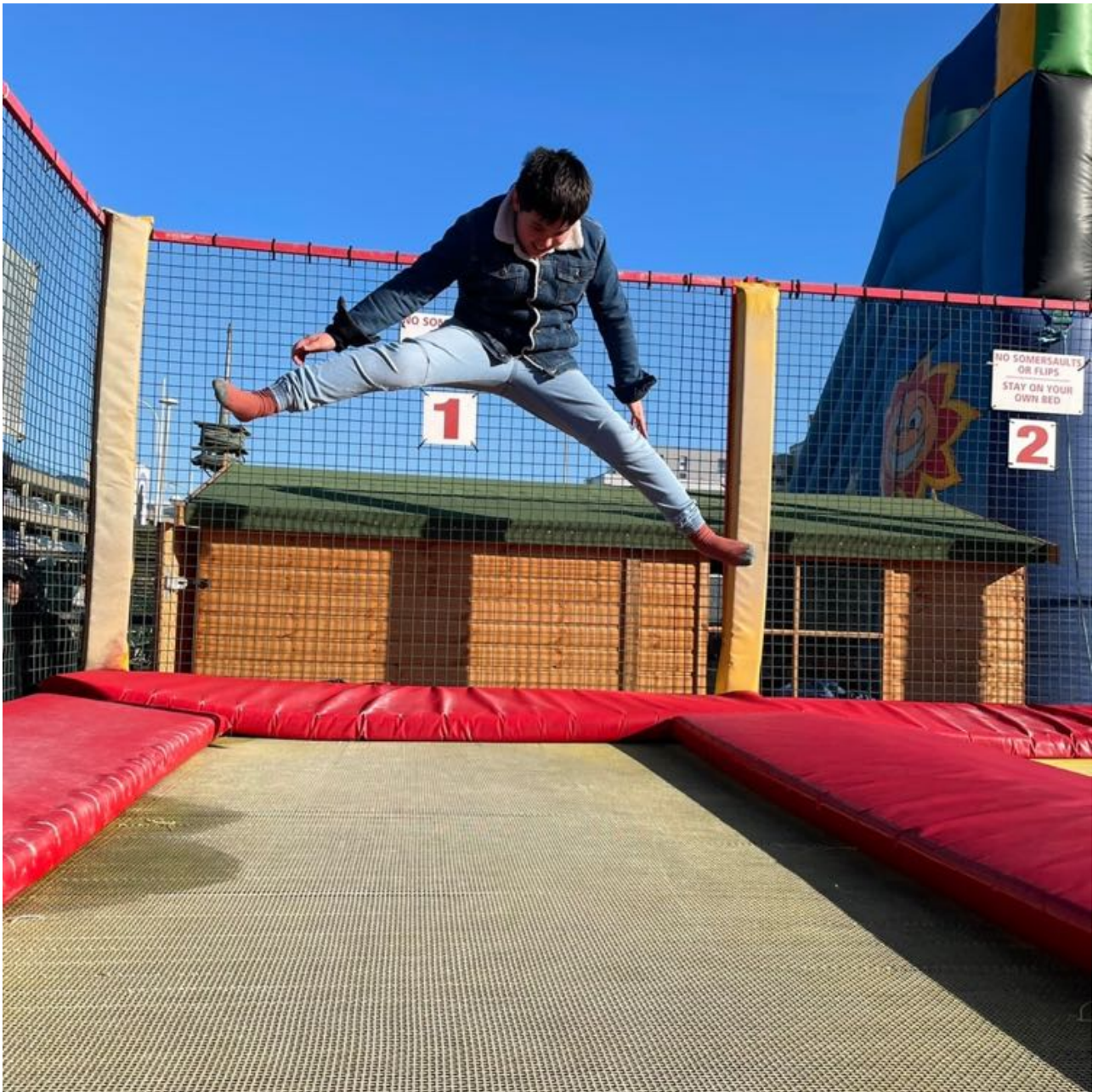
I should NOT - Hit anyone - shout at anyone - or say hurtful things



I should - go to a quiet space... like my sensory space or a quiet area .



I can sit quietly, breathe in through my nose and out through my mouth and count to 10.



I can think of something that makes me happy, like my favourite food or a happy memory



When I feel calm I can talk about my feelings with my trusted adult.