

# When I Feel Angry



A Social Story

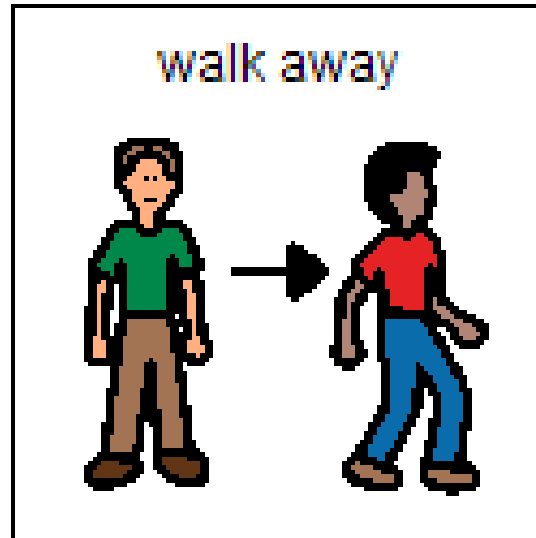
When I feel angry, I can make choices.



I Can Handle My Anger in Good Ways!

When I feel angry, I can:

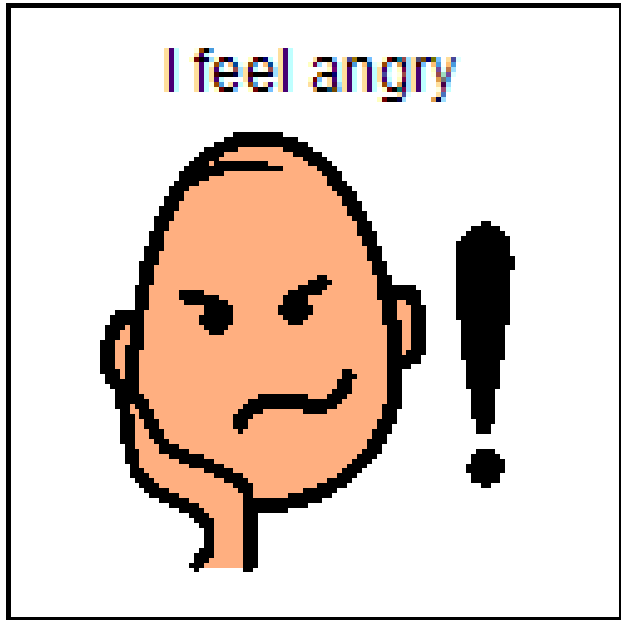
1. Get away from the person who is making me mad. If I am at home, I can go to another room.



2. At school, I can ask to go to a quiet spot in my classroom.



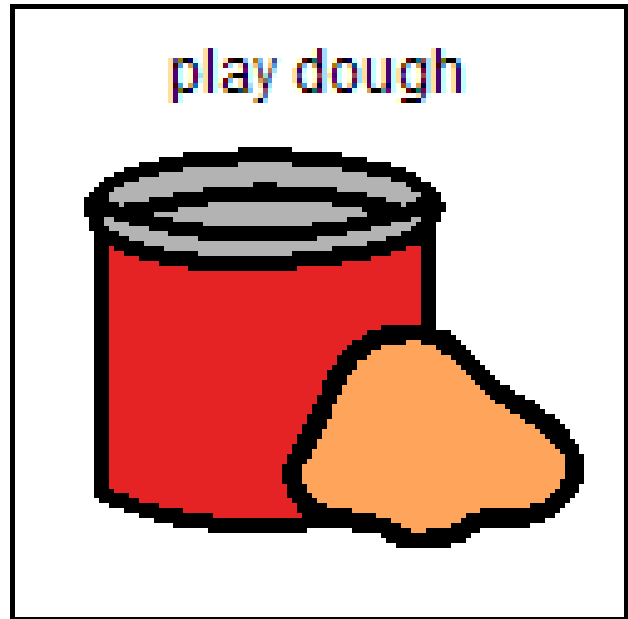
3. Tell Mum, Dad, teachers and children that I feel angry. My voice can be upset, but I need to use nice words.



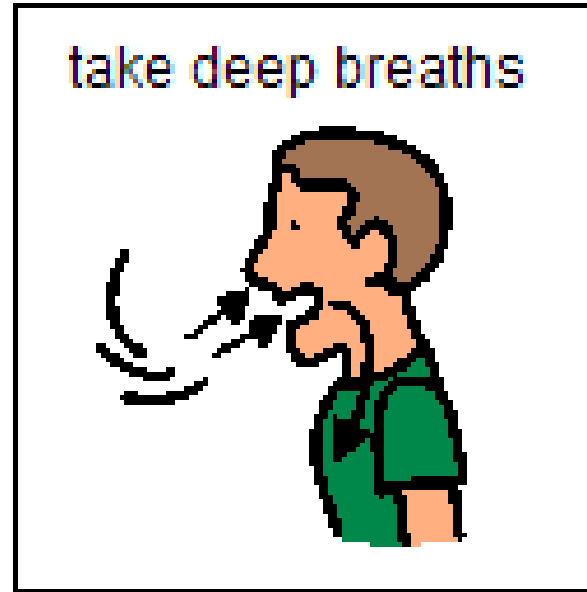
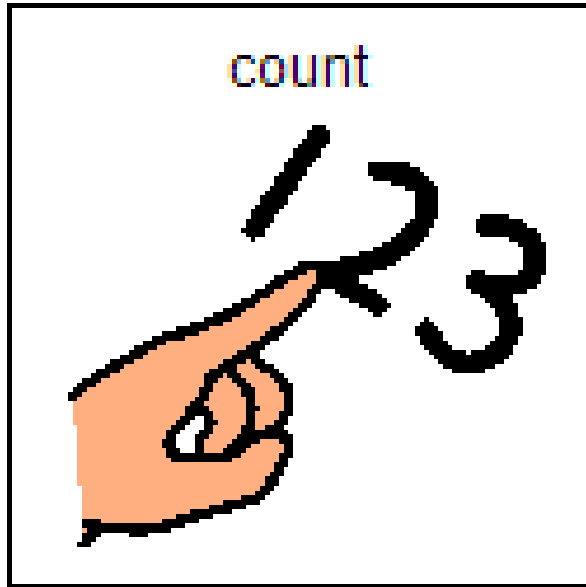
4. Ask to take a five-minute break from an upsetting job or job that I do not like to do.



5. Squeeze and pound play dough or any squishy, soft thing.

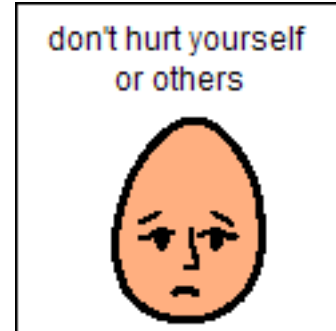


6. Count to five and take five deep breaths and then blow them out.



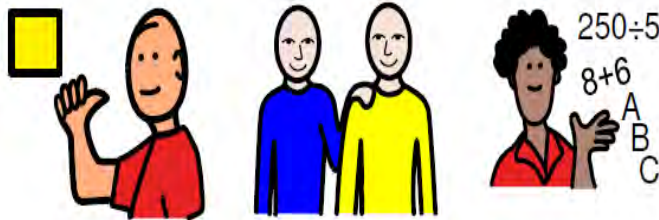


When I feel angry, there are things that I can do and things that I can not do!



I cannot hit, kick, or hurt myself or others!

If I remember to do some of the 5 things when I feel angry, I can start to feel better and not so angry.



My friends, teachers and I will be happy.