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.