When I Feel Angry
Sometimes I feel angry. It feels like I have a volcano in my stomach.

It’s okay to feel angry. Everyone feels angry sometimes.
I can remember to not hurt others, not hurt myself, and don’t break things.

Sometimes, my face gets red, my hands curl up, and my mouth wants to scream.
I need to think of safe ways to make my angry feelings go away.

I can count to 10.
I can tell someone that I feel angry.

I can take a deep breath.
I can squeeze something soft like a ball or pillow.

I can stomp my feet.