

A Social Story: Being angry





Sometimes I can get really angry.

I stamp my feet and shout.

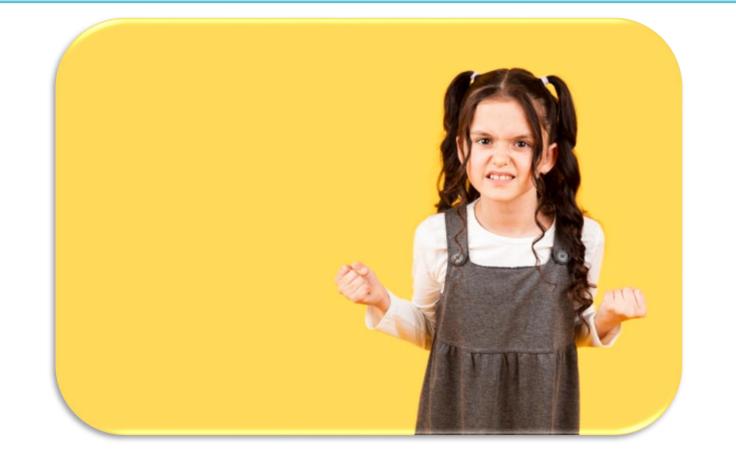




Feeling anger is an emotion.

Everyone gets angry from time to time.





I get angry if people hurt me.

I get angry if I lose a game.



I get angry if people don't understand me.



Sometimes people can get angry at me.

If I do something wrong or hurt somebody.

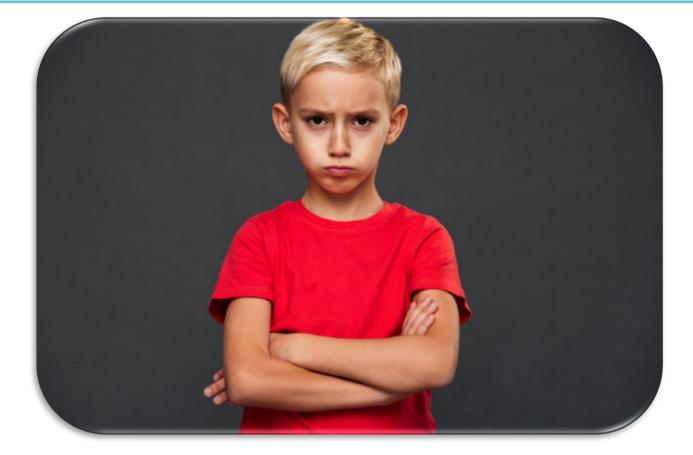




Even adults get angry if they are upset.

They can sometime shout.





Feeling angry is normal. Everyone gets angry sometimes.

But when I am angry I shouldn't hurt people.





When I feel angry I should calm myself down.

When I feel angry I should talk to someone about it.





When I feel angry I can write down how I feel.



When I feel angry I can do mindful activities like breathing or meditating.





It's ok to feel angry sometimes.

But there are lots of things that make me feel happy.





Feeling Angry

Sometimes I get angry.

That's ok, everyone feels angry sometimes.

When I'm angry I sometimes shout.

Sometimes people get angry at me.

When I'm feeling angry I need to calm down.



I can do something that makes me feel calmer.