



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.