

When I Feel Angry



A Social Story

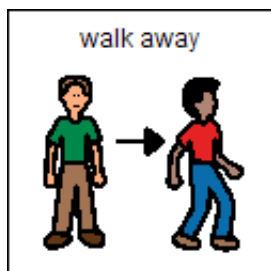
When I feel angry, I can
make choices.



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.



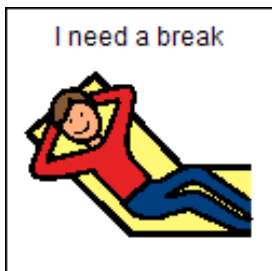
At school, I can ask to go to a quiet spot in my classroom.



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



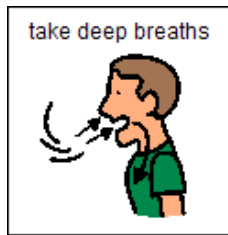
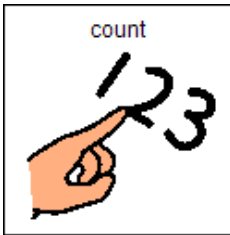
3. Ask to take a five minute break from an upsetting job or job that I do not like to do.



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

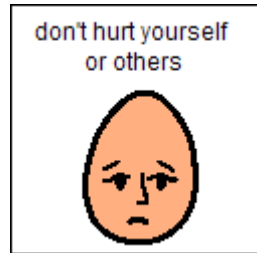


5. Count to five and take five deep breaths and then blow them out.



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 in any way!



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