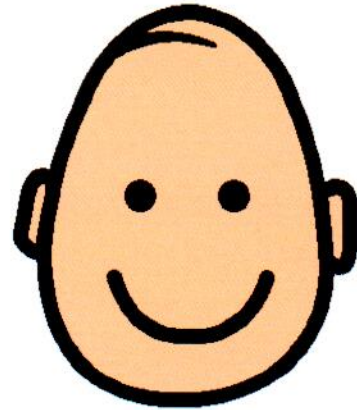


**Controlling
Feelings
- Anger**

Ideas
Adapted
from
©Bloom &
Bhargara
(2003)

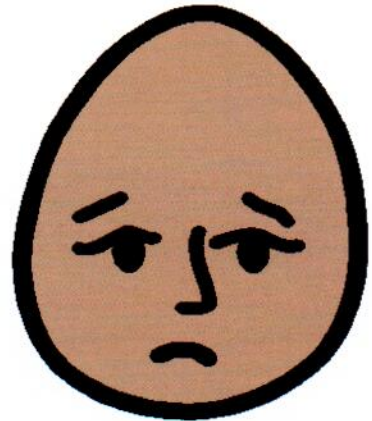
SOMETIMES I'M

HAPPY



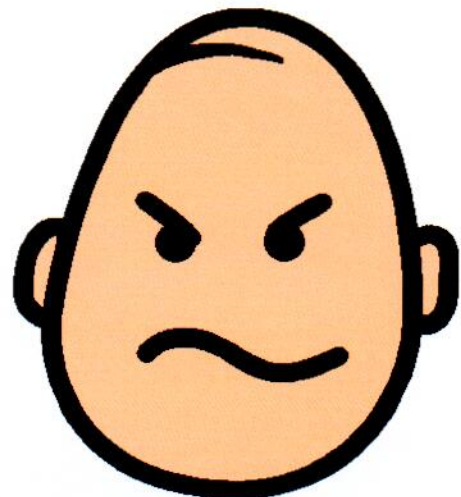
SOMETIMES I'M

SAD



AND...SOMETIMES I'M

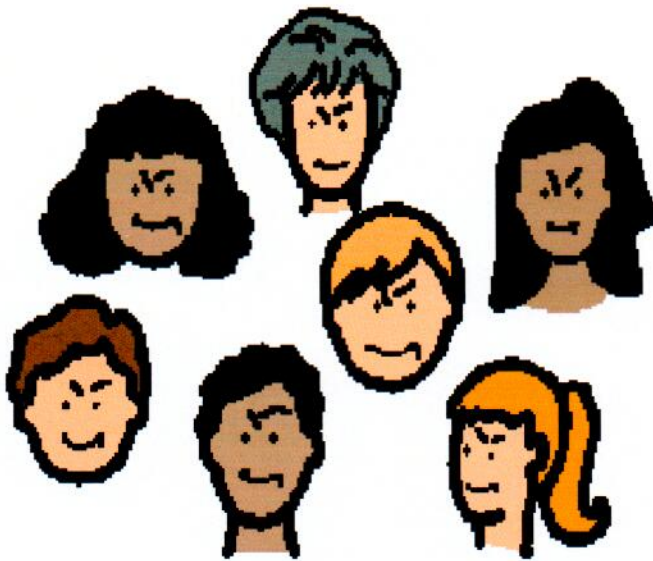
MAD
or ANGRY



Prepared By
Rhonda Johnson
HECIS
45877277
May 2004

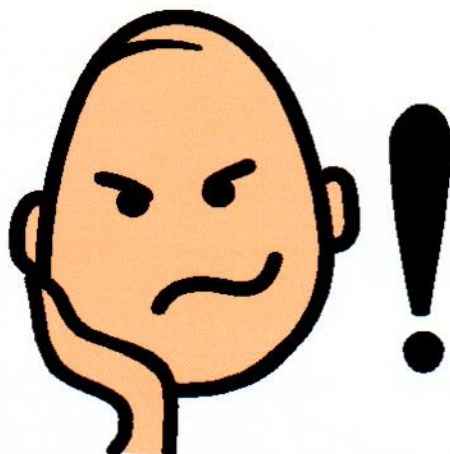
Our feelings change all the time and that's okay. We sometimes feel happy, or excited, sometimes sad, and sometimes mad or angry!

Everybody gets angry sometimes.....



How do you know these people are angry?

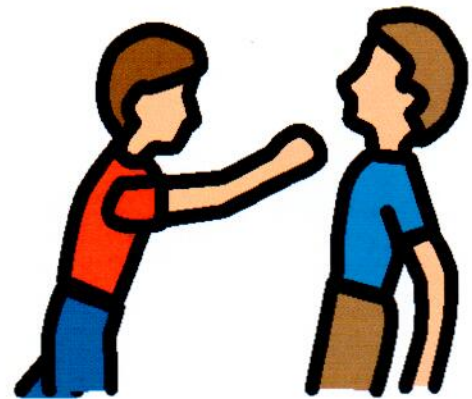
You feel angry too sometimes I guess



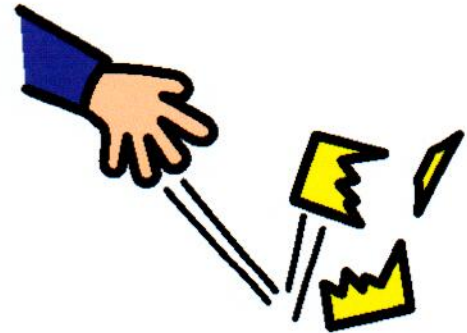
But there are some things you should not do when you are angry.....

You should not.....

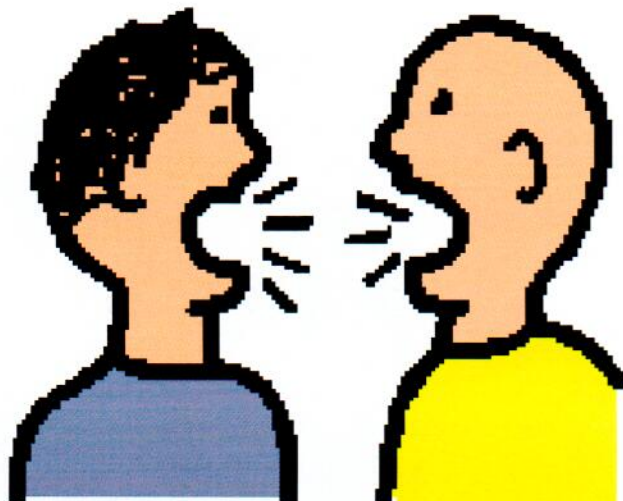
Hit or hurt other people:



Throw or break things:



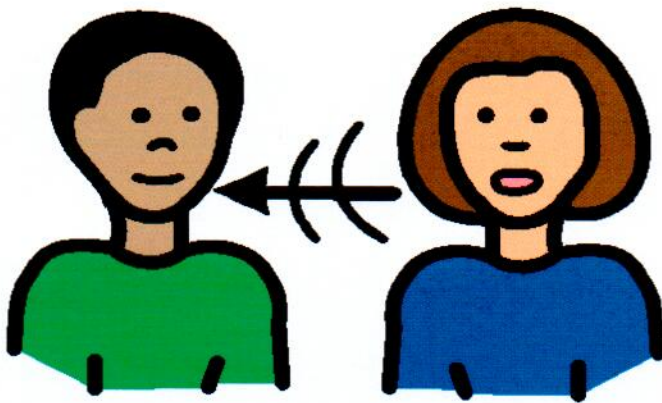
or YELL at people:



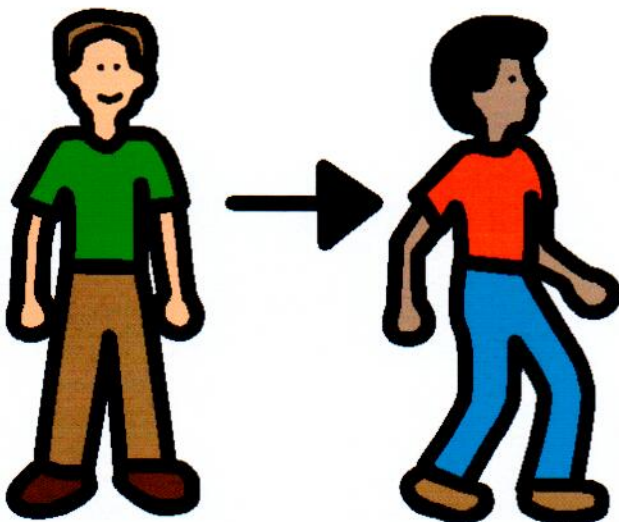
There are some things that you can
do when you are angry ...

These might help you calm down and
feel better

Tell someone how you feel



Walk away and go for a walk



If you are angry you could also

Find a quiet place to play



or listen to some music



What do you think you could do
when you get angry - what
would help you?

Here's something you could try
when you are feeling angry.

When I feel angry I can.....

Say STOP

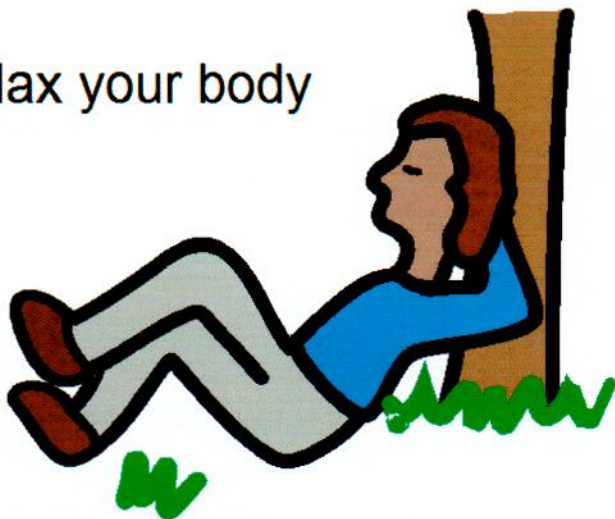


Take 6 deep breaths



(like this, try it!)

and relax your body



When you can control your anger
like this you will feel happy



and people around you will also
be happy and proud of you!

