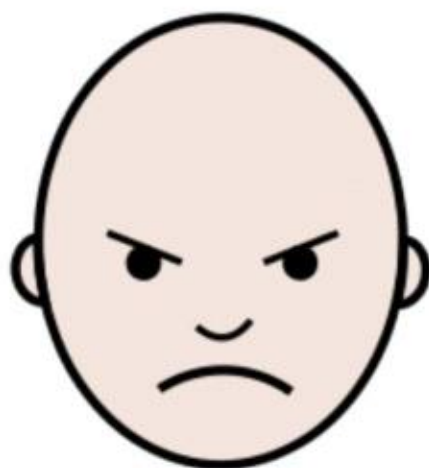
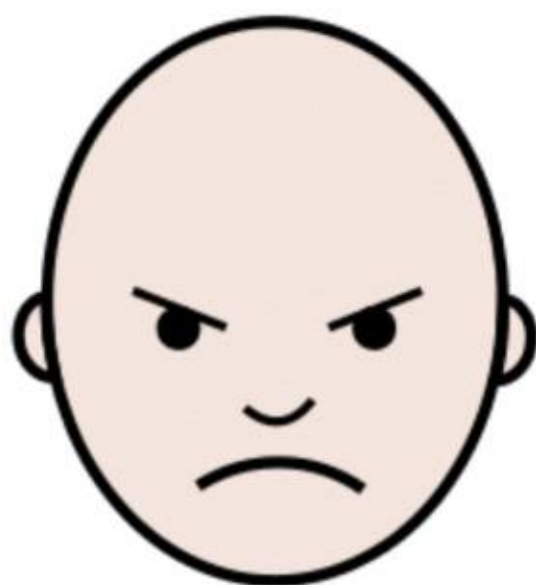




When I get angry



Sometimes something really bothers me and I get angry.

I can notice my body: feeling hot, tight hands or wanting to shout.

Getting angry is a normal feeling.



When I get angry, I can stop for a moment.

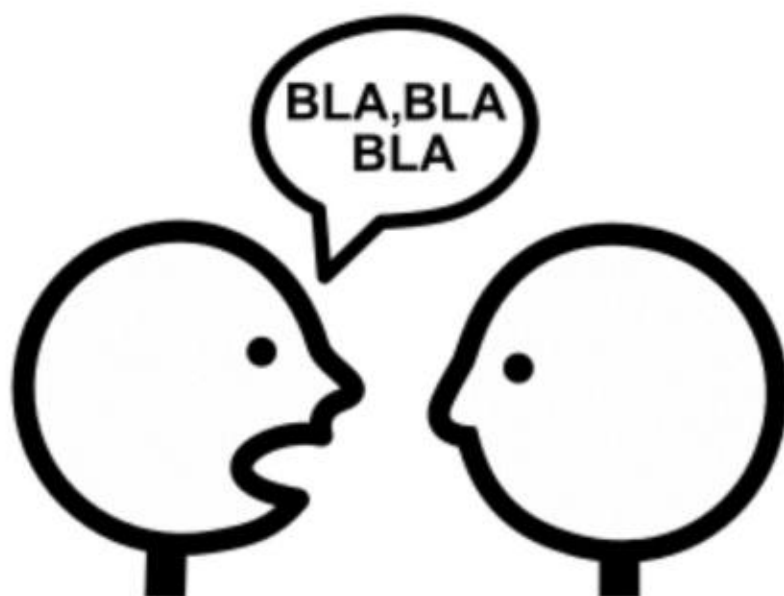
I can breathe slowly three times.

Breathing slowly helps my body calm down.



Sometimes I still feel angry.
I can go to my calm corner or ask
for help.

Asking for help is OK.



When I feel calm, I can talk about
what happened.

I can say what bothered me.

The people who look after me
listen to me.

When I get angry

Social story made with inklui.com

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Based on Carol Gray's Social Stories.