

WHEN YOU ARE ANGRY, YOU FEEL ...

Sometimes we all feel angry – and that's okay! Let's find ways to understand your big feelings and feel better when you have them.

DRAW IT

Draw a picture of how you feel when you're angry. It could be thunder and lightning, a roaring lion, or anything that shows your big feelings.

COLOUR IT

Fill in your picture with colours that show your big feelings, like red, black, or green.

WONDER WORDS

Around the edges of your drawing, write or draw some wonder words that make you feel strong and brave. For example:

- "I am strong"
- "I can calm down."
- "I am brave."

Now say your wonder words out loud in a big, strong voice.

ANGER SHAKE

Stand up and shake your body like you're shaking off your big feelings. Wiggle your arms, your legs, and then your whole body.

Dance around and let that anger go!

MINDFUL MOMENTS

Find a soft toy (or a pillow). Lie down on your back and place the toy on your tummy. Take deep breaths and watch your toy go up and down. This helps you to feel calm and relaxed.

WORDS ARE LIKE SUNSHINE

Your words are like warm sunshine! When you have big feelings, it might feel like a little cloud is above you. But when you share your heart's words, the cloud disappears! Imagine putting your feelings into glowing bubbles until you're ready to talk. Take your time. When you share, you light up the world!

