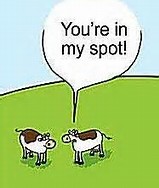
**When I Feel Angry**

**[insert photo]**

Sometimes I feel angry

It's ok to feel angry sometimes,   
everyone gets angry at times.

**I might get angry when.......**

I think something is unfair Or when there is a change in routine

Or when people don't Or when I am told   
listen to me to do something I

 don’t want to do

**When I am angry I might…..**

Start to feel hot and Wave my arms around  
my cheeks go red

Start to talk loudly and Throw things around   
pace around. the house

**When I feel angry there are things I can do to   
calm down….**

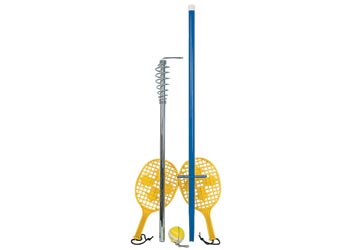
Take 10 deep breaths, close my eyes and count to 10

[](http://images.google.com.au/imgres?imgurl=http://tell.fll.purdue.edu/JapanProj/FLClipart/Medical/exhale.gif&imgrefurl=http://tell.fll.purdue.edu/JapanProj/FLClipart/Medical.html&usg=__DmWenzqObhwkrdIXm7MrMdHJJQE=&h=918&w=774&sz=11&hl=en&start=1&tbnid=JOs8YWDnJeFcjM:&tbnh=147&tbnw=124&prev=/images?q=exhale&gbv=2&hl=en)

1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Go to my room and listen to my favourite   
music

Go to my calm down spot   
[insert calm down spot]



Go and hit my totem tennis ball outside.

Sometimes it is good to take a break from what I am doing



and use my calm down kit .

I should always talk to an adult (mum, dad, teachers, carers) when I start to feel angry

They will remind me of the things that help me calm down  
  
I will feel better after talking and calming down

