When I feel Angry

Sometimes I feel angry.

All people feel angry at one time or another.

When I get angry I will find my teacher, Mom, Dad or another adult.

When I find them I will try to use words to tell them that I am angry.
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I can say "I'm angry!" or "That makes me mad!"

It is O.K. to use words when I feel angry.

They will talk to me about what happened and about how I feel. This might help me to feel better.

Wherever I am I can try to find someone to talk to about how I feel.