

Feeling Angry Or Upset





Sometimes I feel angry.

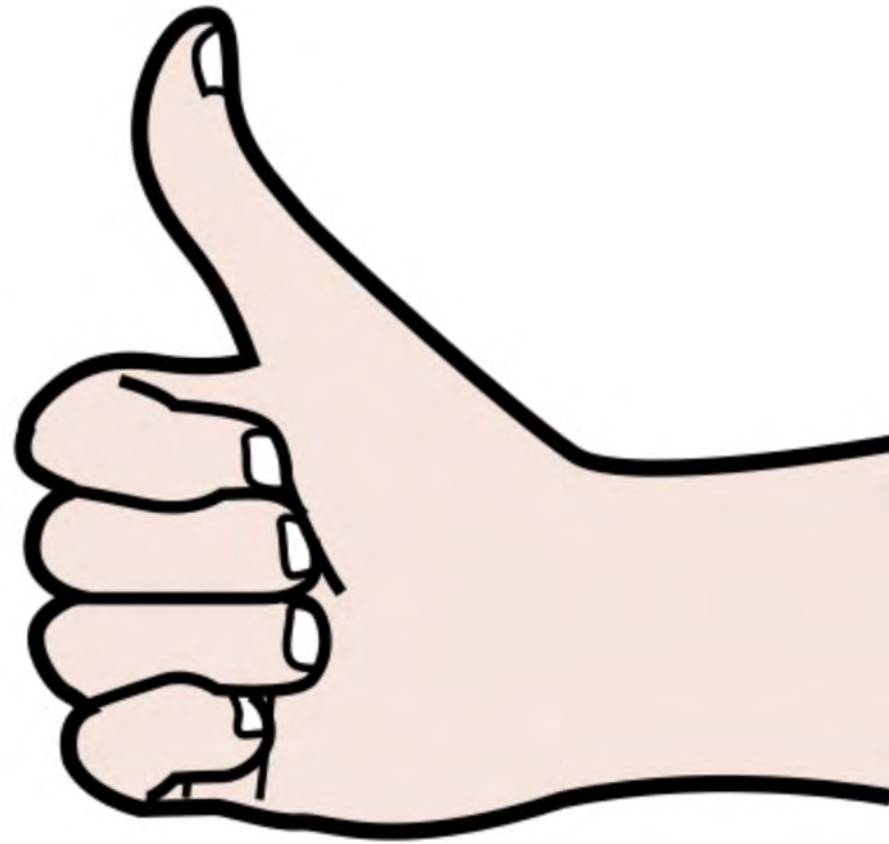


Sometimes I feel sad.

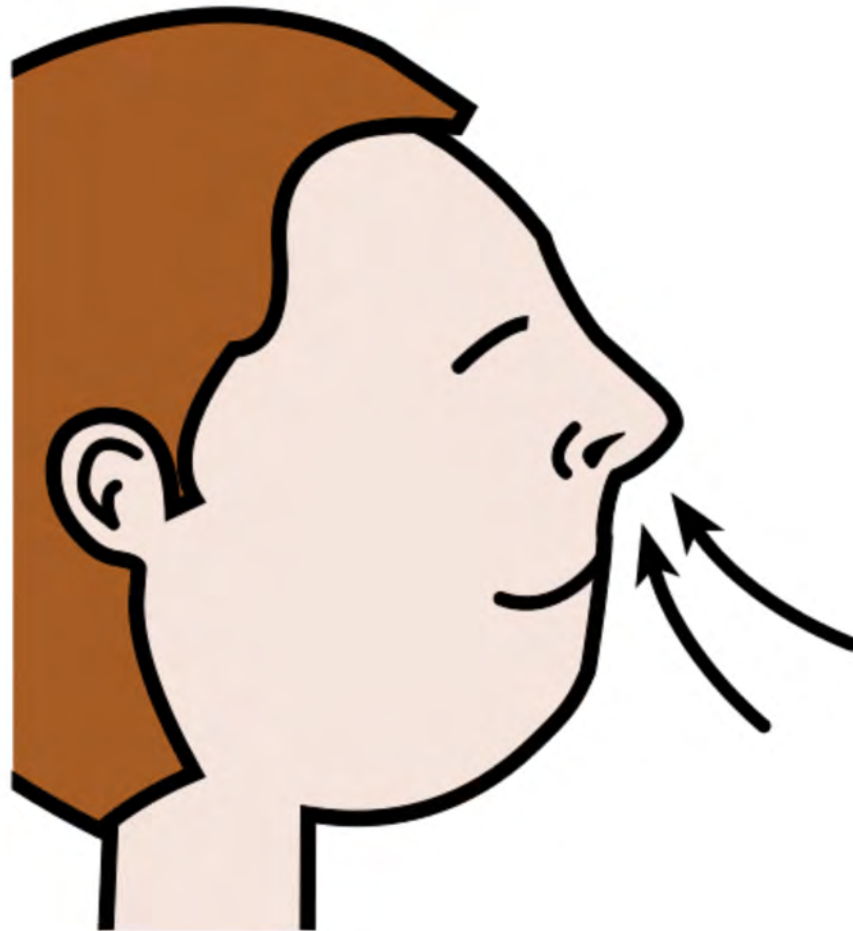
It is OK to feel angry or sad.



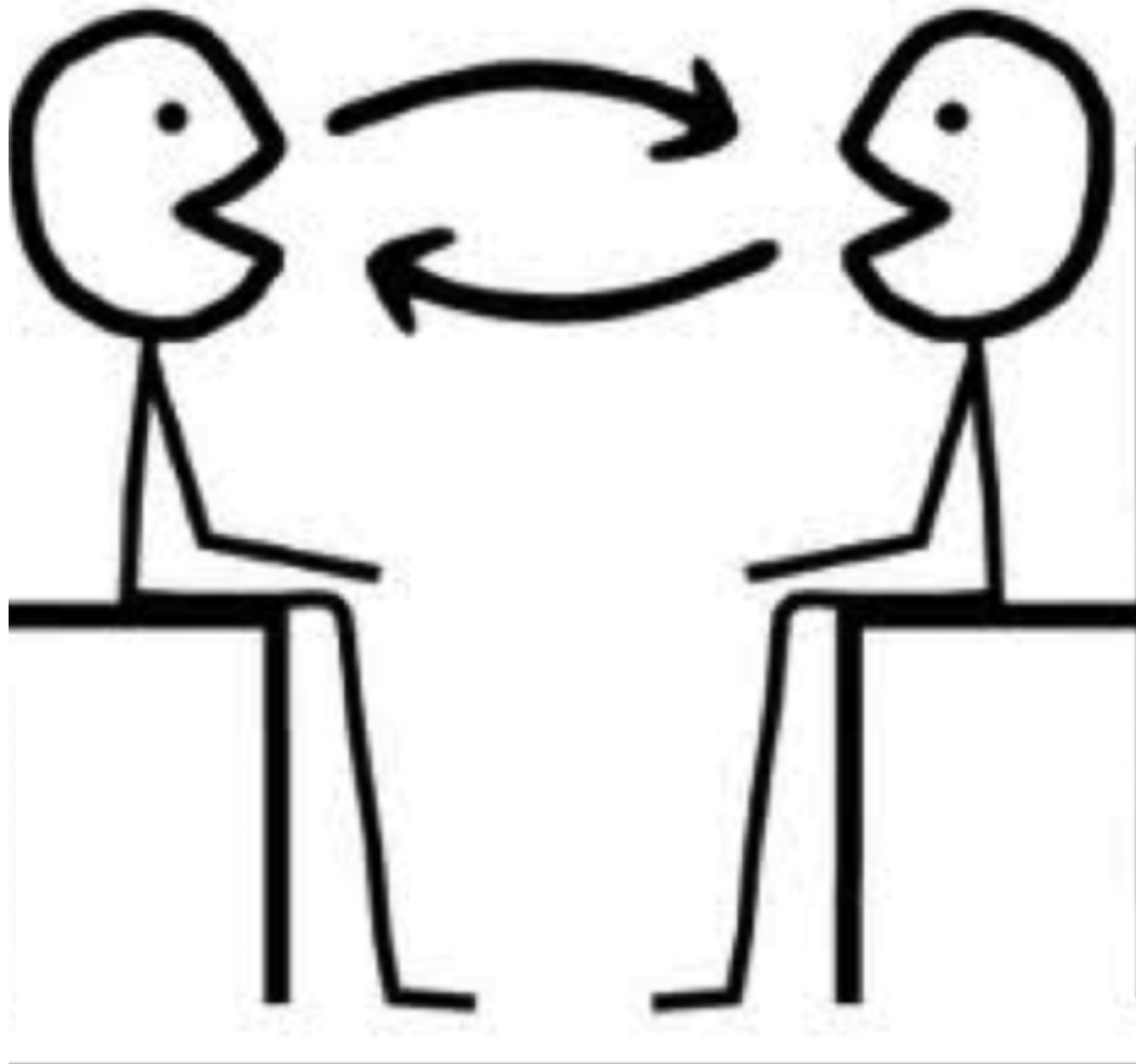
Everybody feels angry or sad sometimes.



When I'm angry or upset I need to make good choices.



Taking deep breaths is a good choice.



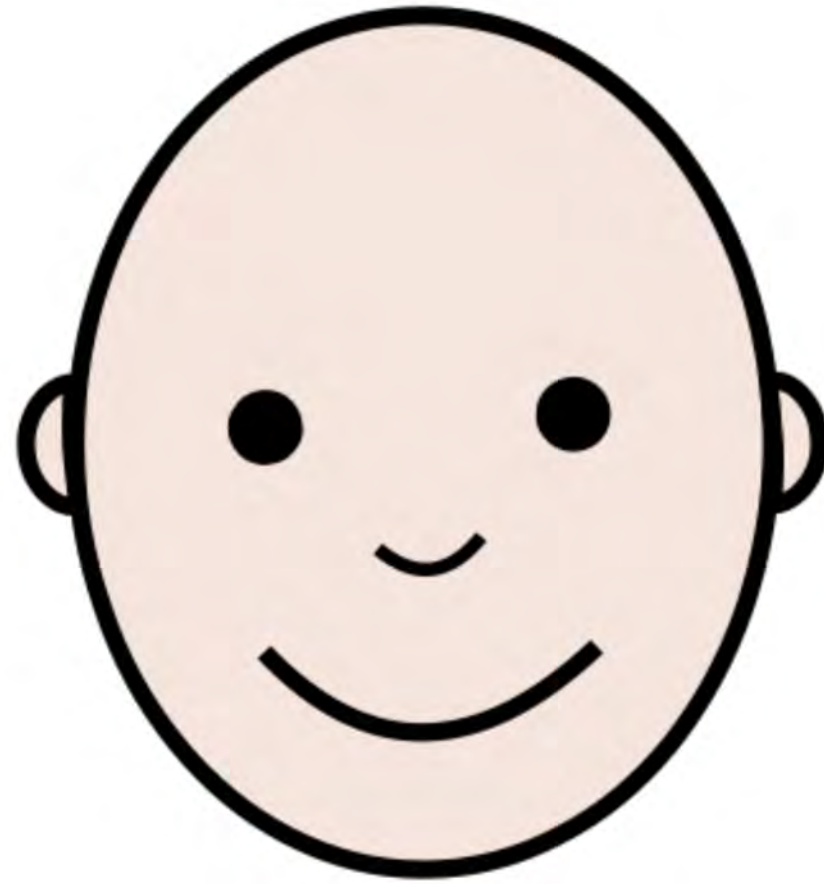
Telling somebody is a good choice.

Being safe is a good choice.



This means keeping my hands and my feet to myself.





When I make good choices my parents and teachers feel happy.



I feel proud when I make good choices.