



# Cool Down: Fun Ways to Calm Angry Feelings



Sometimes, I feel angry.



**My face gets hot. My fists feel tight.**



I take a deep breath.



**Breathing helps me feel calm.**



I can count to five.



One, two, three, four, five.



Counting makes me feel better.



I find a quiet space.



**It's nice to be alone for a bit.**



I hug my favorite teddy.



Teddy feels soft and warm.



I feel my anger getting smaller.



I take another deep breath.



I feel proud. I am calm now.



I can go back and play.



**Being calm feels good!**

# Vocabulary

⇒ ■ Vocabulary:

## 1. **Angry**

- A strong feeling of upset or mad

## 2. **Calm**

- Feeling relaxed and peaceful

## 3. **Breath**

- Taking air in and out through your nose or mouth

## 4. **Count**

- Saying numbers in order, like one, two, three

## 5. **Quiet Space**

- A place where it's peaceful and not noisy

## 6. **Alone**

- By yourself, with no one else around

## 7. **Teddy**

- A soft toy bear that you can hug

## 8. **Proud**

- Feeling happy about something you did well

# Spellings

A: Angry

B: Angray

A: Breath

B: Breth

A: Calm

B: Calmm

A: Quiet

B: Quiat

A: Deep

B: Deap

A: Alone

B: Alon

A: Favorite

B: Favrite

A: Proud

B: Proude

# Comprehension Questions

**1. What can happen to your body when you feel angry?**

A: Your face gets hot and fists feel tight

B: You feel sleepy

**2. What is one way to help calm down when you feel angry?**

A: Take a deep breath

B: Yell loudly

**3. How can counting to five help you?**

A: It makes the anger bigger

B: It helps you feel better

**4. Where can you go to help calm down?**

A: A quiet space

B: A busy playground

**5. What can you do with your teddy to feel calm?**

A: Hug it because it's soft and warm

B: Throw it away

**6. How do you feel after calming down?**

A: Proud and calm

B: More angry

**7. What can you do after you feel calm?**

A: Go back and play

B: Stay upset

**8. Why is being calm a good feeling?**

A: It helps you feel good and ready to play

B: It makes you feel sad

# Open-Ended Questions

1. What does your body feel like when you start to get angry?
2. How do you feel after taking deep breaths when you're upset?
3. Why do you think finding a quiet space can help you calm down?
4. What are some other things you can do to help yourself feel calm when you're angry?
5. How do you feel when you've calmed down and can go back to playing?