



Today, something happened that made me feel really angry



My sister accidentally broke my favorite toy airplane



I wanted to yell, but then I remembered what Mom taught me about anger



Mom said it's okay to feel angry, but not okay to hurt others



**I took a few deep breaths to
calm down**



**Then I went to my room and
squeezed my stress ball**



After calming down, I talked to my sister about how I felt



She apologized and I forgave her. Holding onto anger is tiring



We decided to fix the toy together, which was fun

Good job!



Mom was proud of me for handling my anger well



I learned that it's important to express anger in a safe way



Now I know that talking about feelings can help make things better