



One day, I felt my face get hot, my fists clench, and my heart beat fast. I was angry



Anger is a strong feeling that happens when something doesn't go the way we want



I felt angry yesterday when my favorite toy broke. I wanted to yell and stomp my feet



Sometimes, I feel angry when someone doesn't share or takes something without asking



Anger can also happen when I try to do something, and it doesn't work, like tying my shoes



When I feel angry, my body feels different. My face gets hot, my muscles get tight, and my heart beats fast



Sometimes, anger makes me want to yell, hit, or break things. But these actions can hurt others or make things worse



It's okay to feel angry. Everyone feels angry sometimes, even grown-ups



Anger is like a stop sign for our feelings. It tells us to slow down and think about what's bothering us



Sometimes, anger happens because something feels unfair or wrong. It's a signal to pay attention



Even though anger is okay, it's important to be careful with what we do when we feel it



When I feel angry, I can take a moment to understand why. I can ask myself, 'What made me feel this way?'



Talking to someone I trust, like Mom or Dad, can help me understand my anger better



Taking a deep breath or counting to ten can give me time to calm down and think clearly



Anger doesn't last forever, just like storms don't stay forever. The sun always comes back



When I understand my anger, I can make choices that help me feel better and solve the problem



Vocabulary

- Anger

A: A strong feeling when something doesn't go the way we want

B: A feeling of being very happy

- Fair

A: When everyone is treated in the same way

B: When someone gets more than others

- Signal

A: A loud noise

B: A clue or sign to notice something

- Stop Sign

A: A sign that tells you to pause and think

B: A sign that says "Go"

- Choice

A: Picking something you want to do

B: Something you have to do without deciding



Spellings

A: Feeling

B: Fieling

A: Stomp

B: Staump

A: Asking

B: Aksing

A: Frustated

B: Frustrated

A: Mucles

B: Muscles

A: Conting

B: Counting

A: Breath

B: Breeth

A: Storms

B: Stroms



Comprehension

- What is anger?

A: A feeling when something feels unfair or goes wrong

B: A feeling when we are excited about something

- How does anger make the child's body feel?

A: Slow and relaxed

B: Hot and tight, with a fast heartbeat

- What does anger tell us?

A: That everything is okay

B: That something is bothering us

- What can happen if we yell or hit when we're angry?

A: It might hurt others or make things worse

B: It will solve the problem quickly

- What is one way to calm down when angry?

A: Take deep breaths or count to ten

B: Yell loudly



Open-Ended Questions

- What makes you feel angry sometimes?

- What happens to your body when you feel angry?

- Who can you talk to when you feel angry?

- What helps you feel calmer when you're upset?



Creative Activity

- **Draw Your Anger Cloud**

Ask the child to draw what their anger feels like as a cloud or storm. Then, draw what helps calm the storm

- **Make a "Stop and Think" Sign**

Help the child create a small sign they can use when they need to pause and think about their feelings



Role-Play Activity

- **Understanding Triggers**

Act out scenarios where the child might feel angry, such as a toy breaking or someone cutting in line. Help them identify the trigger

- **Practicing Calming Techniques**

Role-play calming down with deep breaths, counting, or stepping away

- **Talking It Out**

Practice talking to a parent, teacher, or friend about their feelings using phrases like, "I feel angry because..."