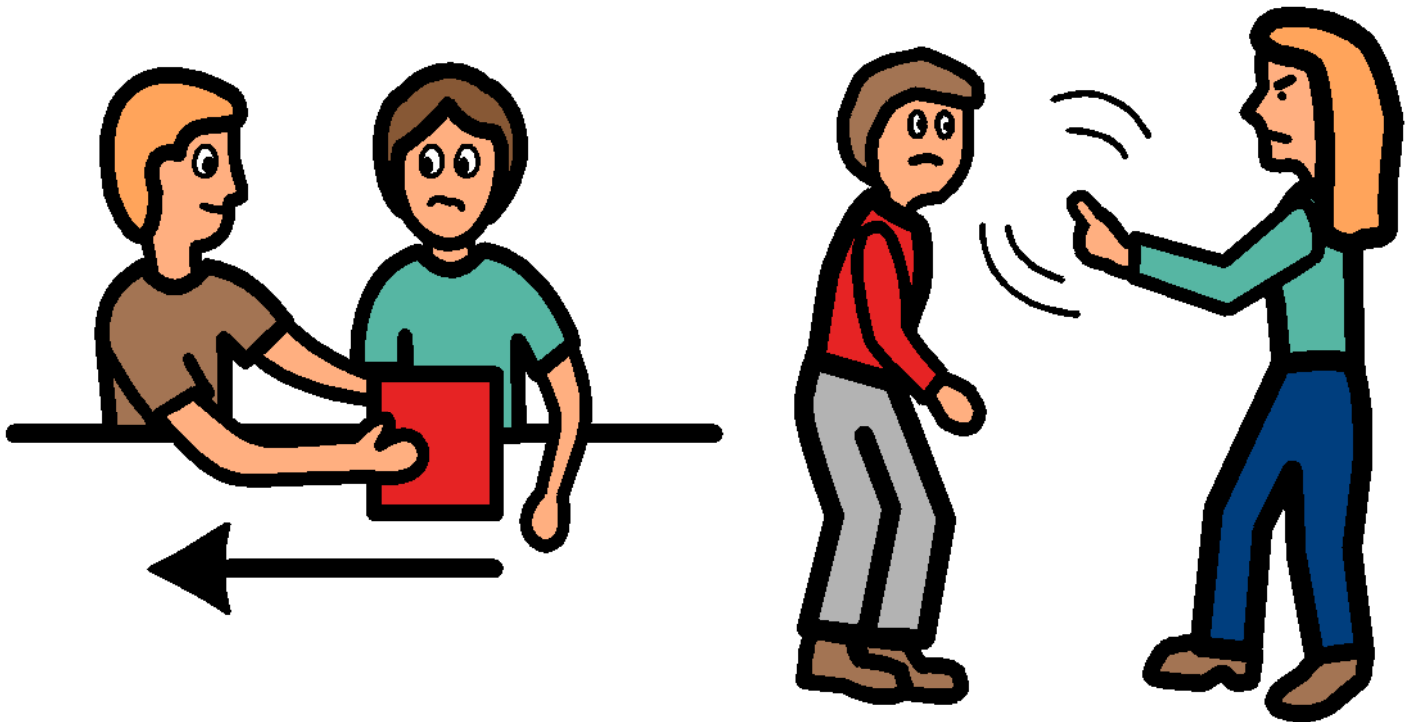
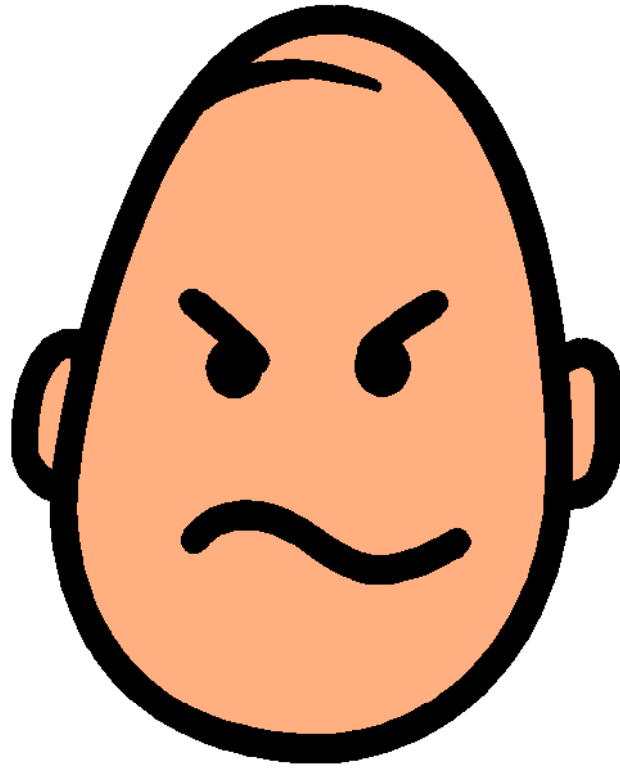


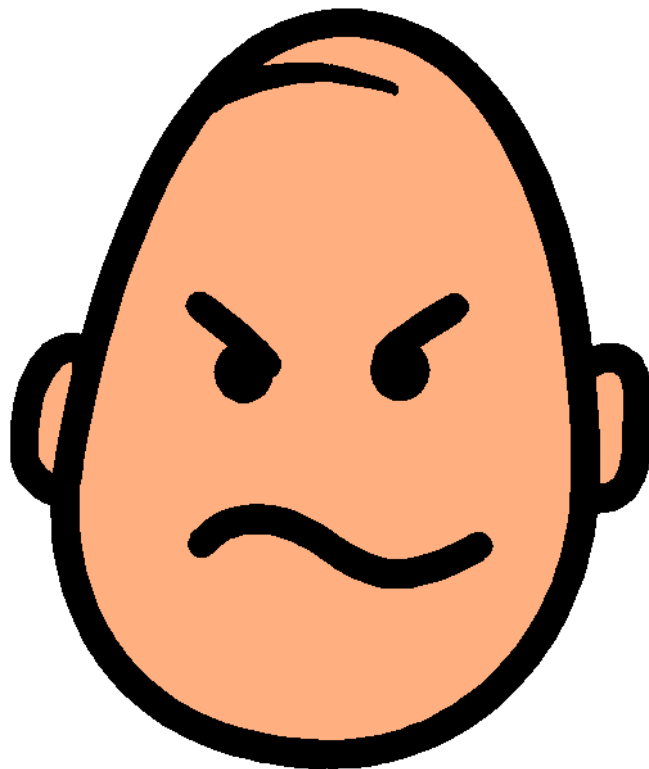
Sometimes I feel angry.



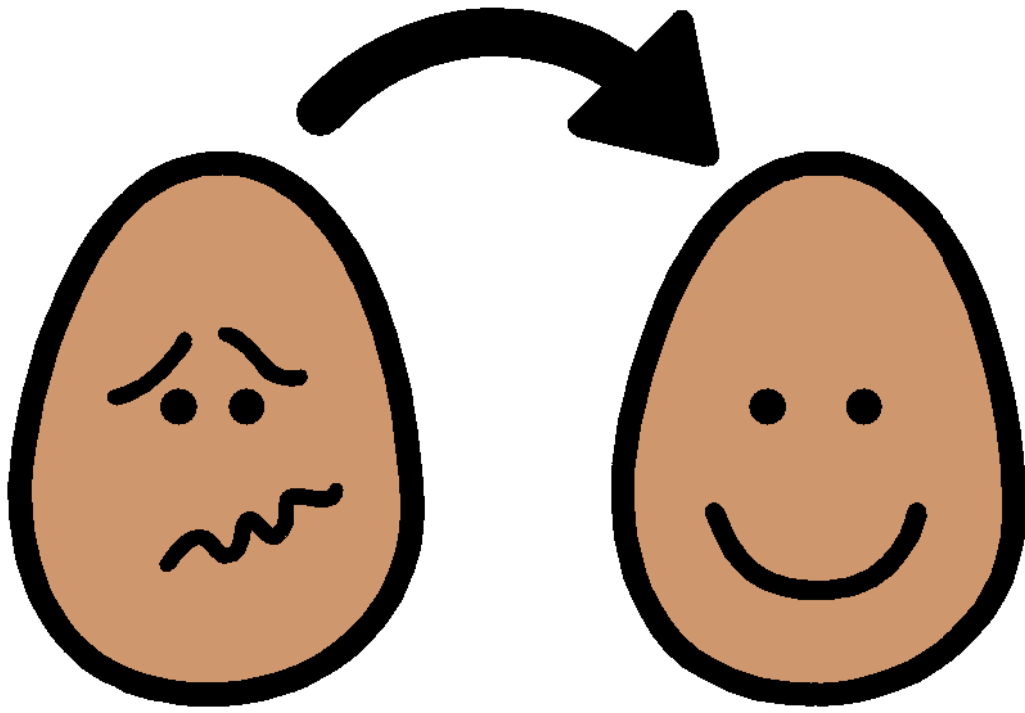
I feel angry when my friends take my toys,
or when Mum and Dad say 'NO'.



Sometimes I feel angry.

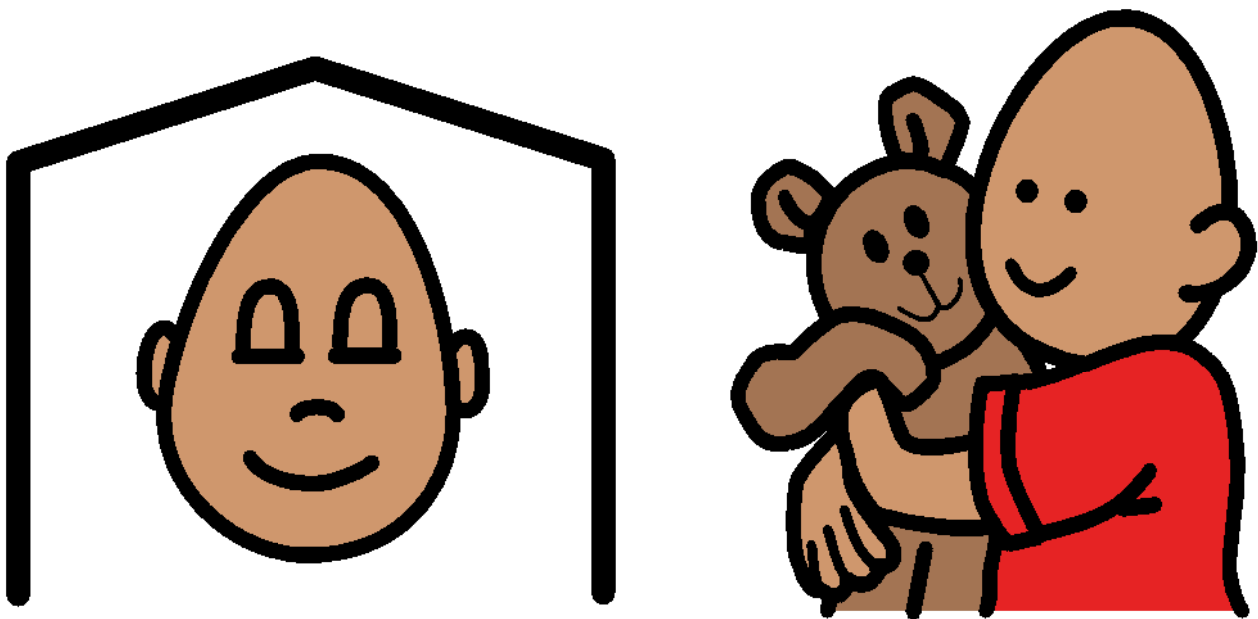


When I feel angry, my body gets all tight and I feel out of control.



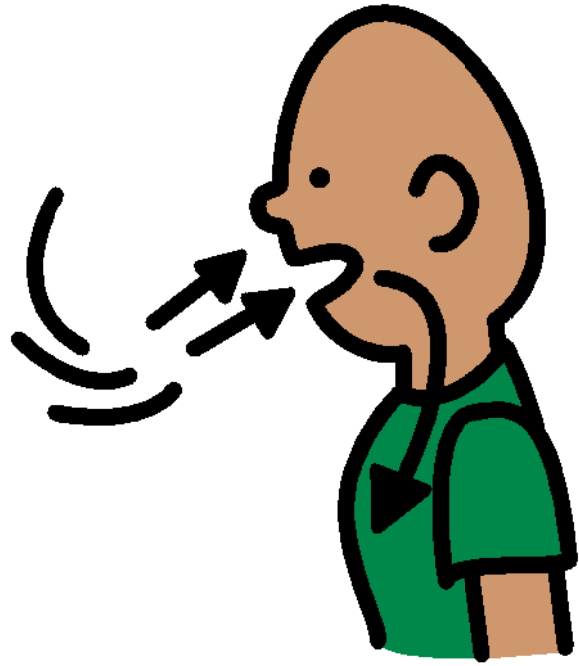
When I feel angry, there are things I can do to make myself feel better.

5

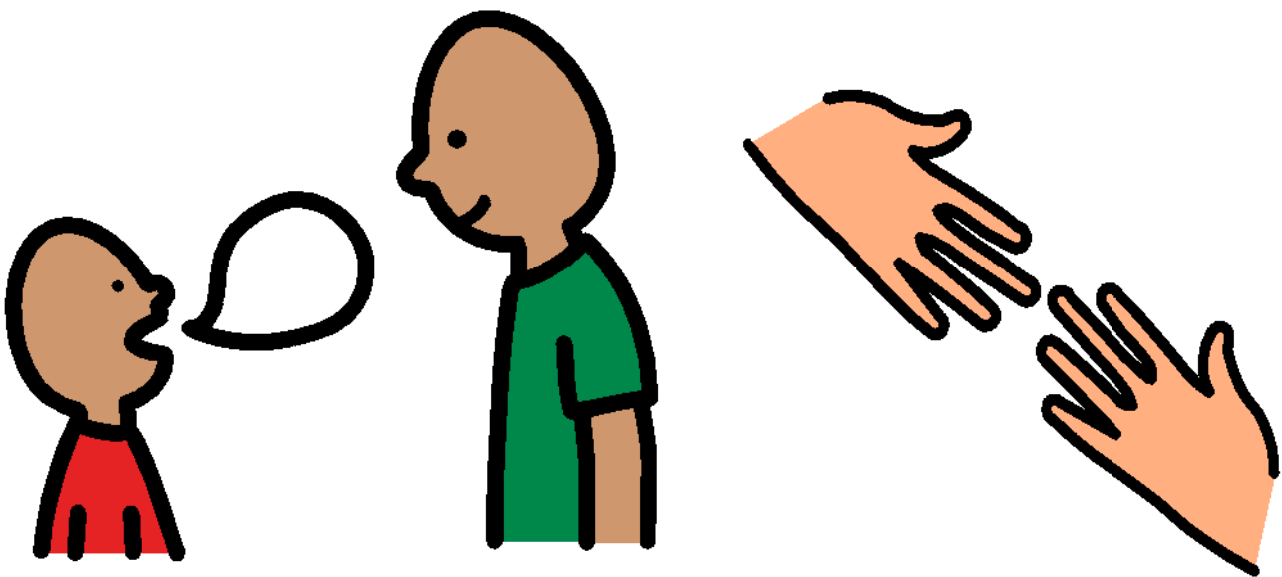


I can go to my quiet place and cuddle my teddy until I feel better.

7



I can stop and take a deep breath.



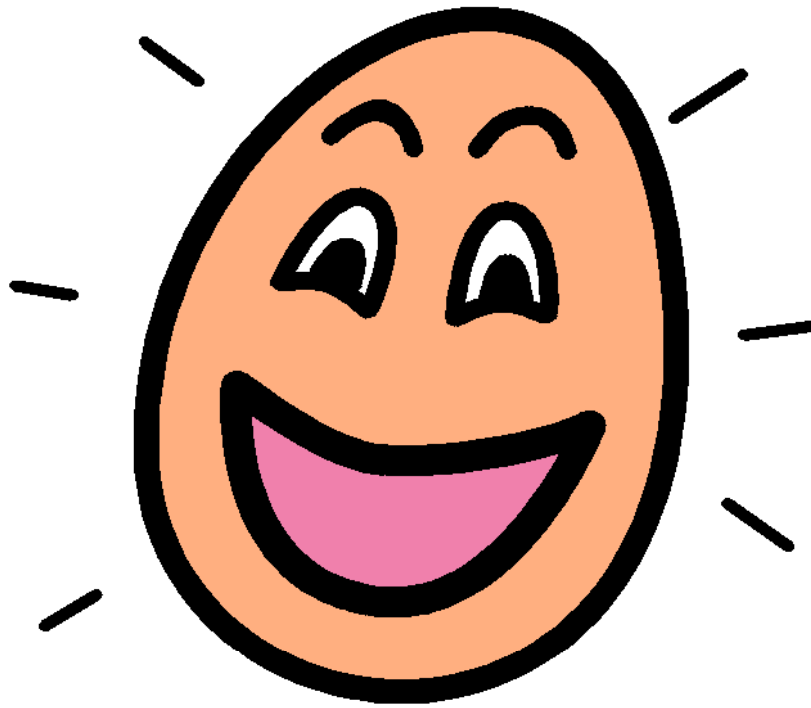
I can ask a grown-up for help.



It is not good to yell or hit
when I feel angry.



It's great to use my words and cuddle my teddy
when I feel angry.



When I feel better, I can play and be
happy again.