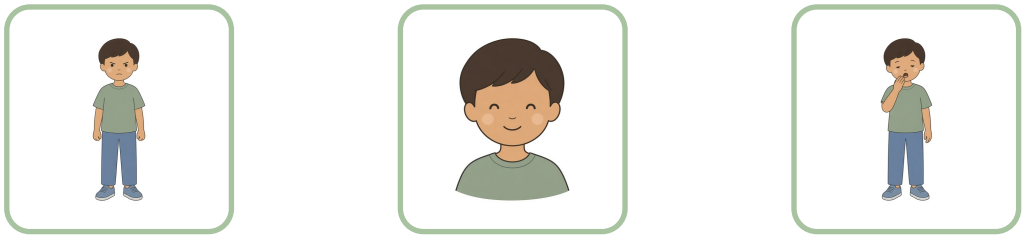
Name: _____

Circle the angry picture.

Look at the pictures. Circle angry.

1



2



3

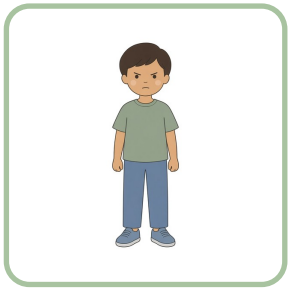


4



Trace the word.

Trace the word angry.



angry

angry

angry

Name: _____

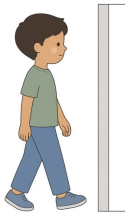
Safe ways for angry: cut and glue.

Cut out the pictures. Glue them in the safe box.

Glue here.

✂ Cut on the dashed lines.



How does angry look for you?

How does angry look for you? Circle your ways.






my way

Name: _____

Match the picture to the word.

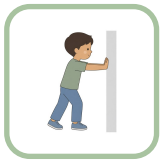
Draw a line to the matching word.











- stomp
- yell
- hot face
- squeeze
- push

Fill in the word.

Pick a word from the box. Write it in the space.

stomps · pushes · hot · space



1. Sam _____ on the floor.



2. Sam _____ the wall.



3. Sam's face feels _____.

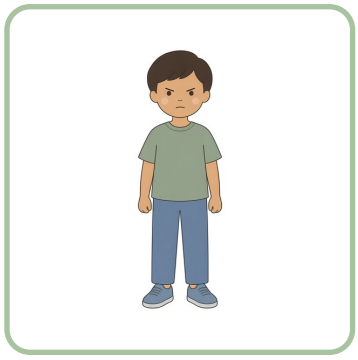


4. Sam walks away for _____.

Name: _____

First, next, last.

Put the pictures in order. Write 1, 2, 3.



Sam feels angry



Sam squeezes the pillow



The tower falls

Thumbs up or thumbs down.

Is it true? Circle thumbs up or thumbs down.

1. Angry is a feeling.



2. Angry makes me a bad kid.



3. Stomping on the floor is a safe way.



4. Angry lasts all day, every day.



Name: _____

My safe ways.

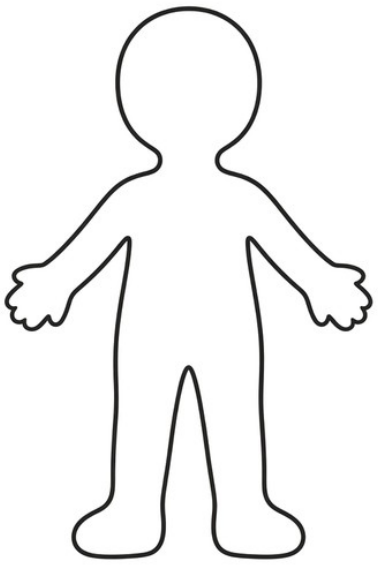
Draw or write three safe ways for angry.

When I feel angry, I can...

1	2	3

My body and angry.

Where do you feel angry in your body? Color it.



- ☐ hot face
- ☐ tight hands
- ☐ fast heart
- ☐ loud voice
- ☐ want to stomp
- ☐ want to be alone
- ☐ tummy feels tight
- ☐ my own way:

Name: _____

What could I do?

Read the story. Draw or write what you could do.

1. “My game ends before I am done.”

2. “Someone takes my seat.”

3. “Lee is angry and yelling.”

Today.

Today I felt angry when...

What did I do?

Angry · Answers

For grown-ups

Name: _____

Answers

E1: row 1: sam angry; row 2: hot-face; row 3: sam stomp; row 4: yell
E2-E4: Any careful try counts. Every picture can go in the box. Any answer is right for the child's own ways.
D1: hot-face = hot face; sam stomp = stomp; yell = yell; sam squeeze pillow = squeeze; sam wall push = push
D2: 1. stomps; 2. pushes; 3. hot; 4. space
D3: 1. The tower falls; 2. Sam feels angry; 3. Sam squeezes the pillow
D4: 1. thumbs up (true); 2. thumbs down (not true); 3. thumbs up (true); 4. thumbs down (not true)
A1-A4: The child's own answers are all right. Suggestions:

Tips for grown-ups

- Angry is a normal, healthy feeling. Separate the feeling (always OK) from actions that hurt.
- During big anger, use very few words. Offer space and safety first; talk later.
- Give the body a job: squeezing, pushing a wall, stomping, carrying heavy things.
- Warnings and visual timers before transitions (like tablet time ending) prevent a lot of anger.
- Do not demand eye contact, an apology or an explanation while the child is still upset.
- Model it: "I feel angry. I am going to push the wall and take three slow breaths."