

# What is Anger?

Anger is a difficult feeling. When you're angry, you might do bad things that you wouldn't do if you were happy. But did you know that it's normal to feel angry from time to time? It happens to everyone.



Draw a picture of what you look like when you're angry.

A large, empty rectangular area with rounded corners and a dashed black border, intended for drawing a picture of oneself when angry.

What's something you say only when you're angry?

A large, empty speech bubble shape with a solid black border and a pointed bottom, intended for writing a phrase said when angry.

# What is Anger?

All sorts of things can make a person feel angry. Some people get mad when they have to follow a rule they don't like, or when another person is mean to them.



List some things that cause you to feel angry.

①

②

③

④

⑤

# What is Anger?

Even though it's normal to feel angry from time to time, it's never ok to be mean, break things, hurt others, or hurt yourself. Learning to control your anger is about learning new ways to act when you're upset.



Here's a list of healthy things you can do when you feel angry. Circle the ones that you might like to try.

Take deep breaths.

Draw your anger.

Do jumping jacks.

Write about your anger.

Count to 100.

Walk away.

Talk to someone.

Squeeze a stress ball.

Play outside

Listen to music.

Practice a hobby.