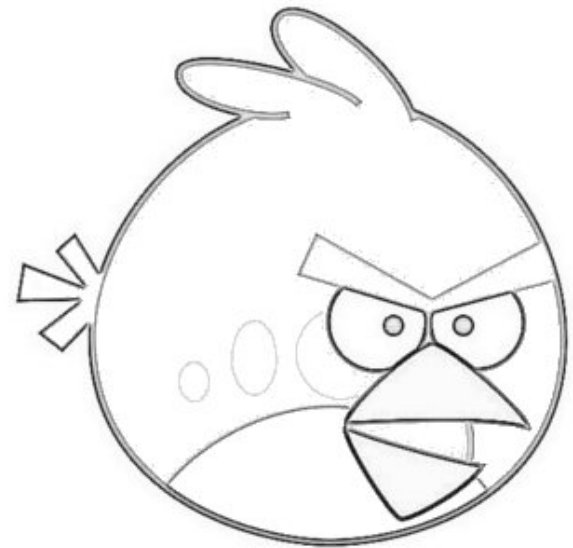
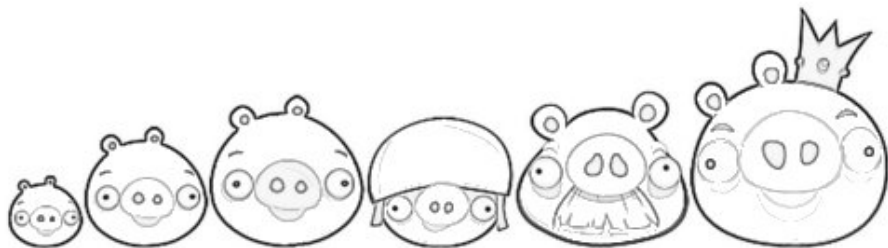


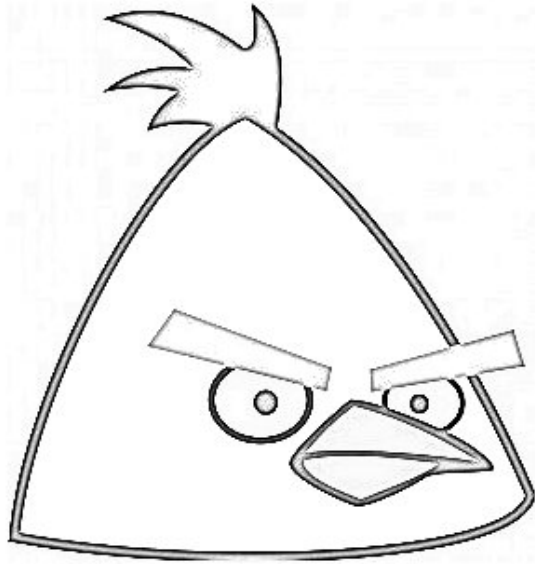
Don't Be an
ANGRY BIRD



name: _____

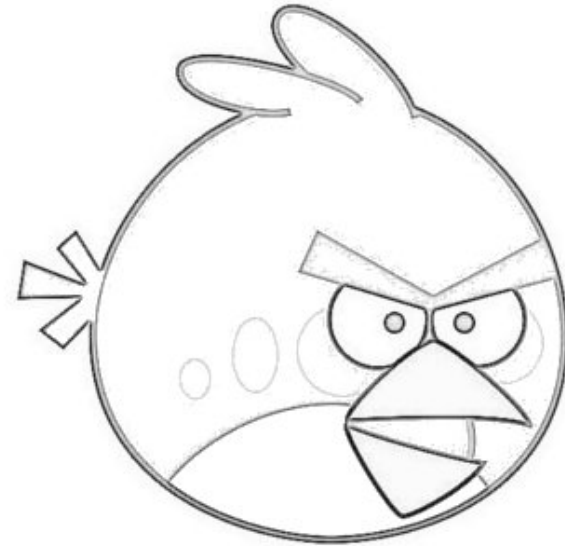


When I am angry, I
might use cutting
words that are unkind.



What words can I
say when I am angry?

When I am angry, I might
look at others with angry
eyes or a mean face.



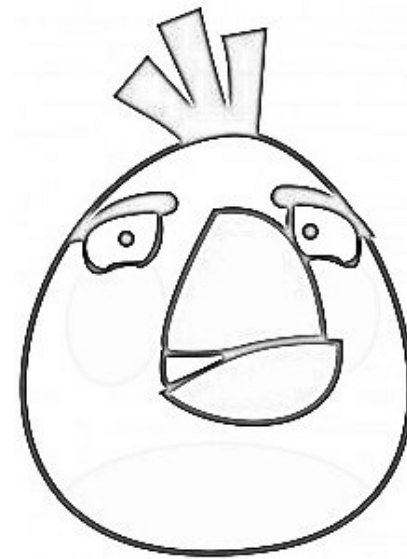
What can I do with my
face when I am angry?

When I am angry, I might lose control of my body and hit or kick.



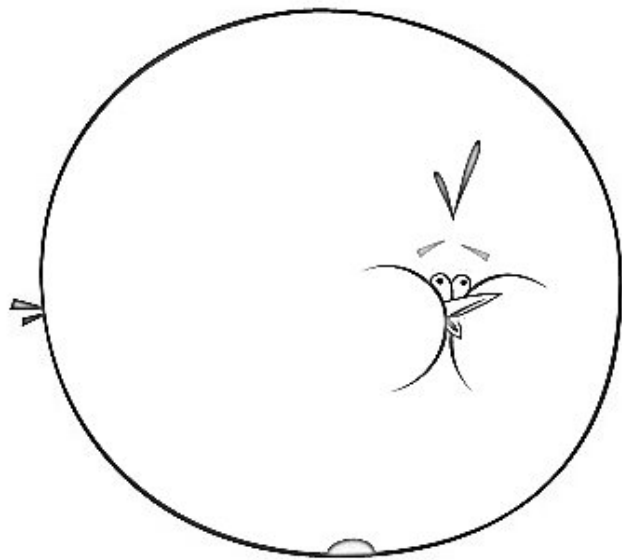
What should I do with my body when I get angry?

When I am angry, I might want to throw my toys or other things.



What should I do with objects when I am angry?

When I am angry, I
CAN take deep breaths.



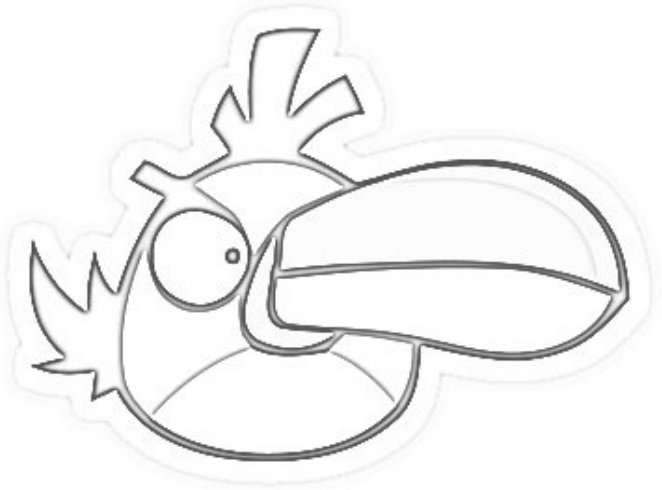
Why does deep
breathing calm us
down?

When I am angry, I CAN
go somewhere to cool
down.



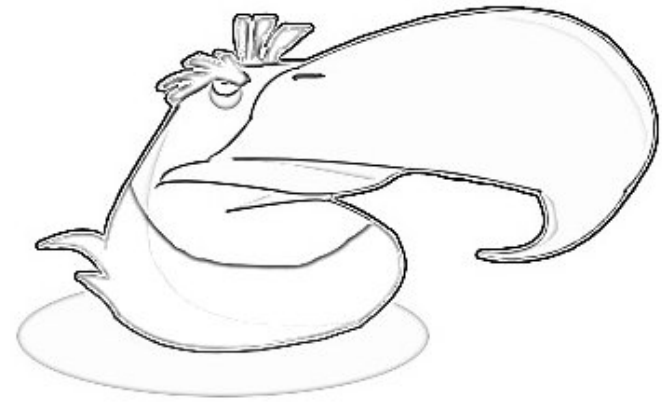
Where can I go
when I get angry?

When I am angry, I CAN stop and think about how my actions will affect me and those around me.



How does being an angry bird hurt myself and others?

When I am angry, I CAN ask for help to calm down. Sometimes an adult will help me if I can't calm down on my own.



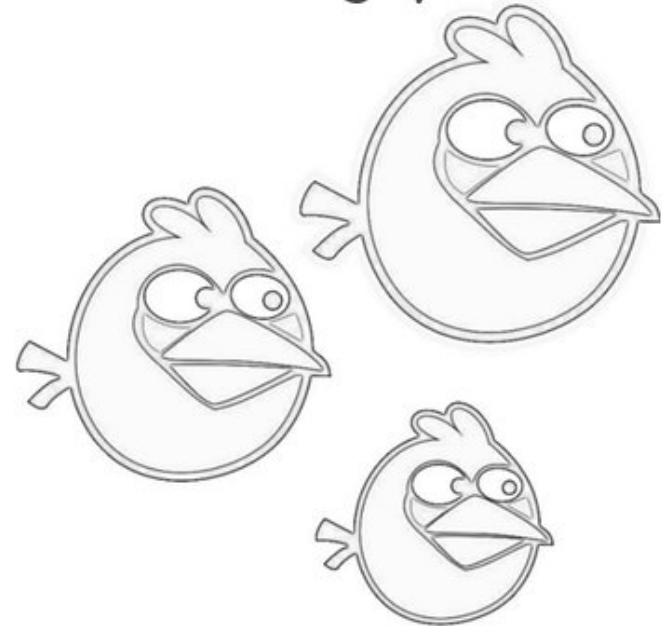
Who are some people that can help me calm down when I am angry?

When I am angry, I might think it is OK to hurt or make fun of others.



How should I treat other people when I am angry?

My anger can spread to other people and make them angry, too.



Why wouldn't we want to spread our anger to other people?

Everyone has anger triggers, or things that make them angry.



What makes me angry?

When I am angry, I can point that energy in an appropriate direction.



Where can I redirect my anger?

When someone has made me angry, I might freeze the anger inside me and treat them coldly.

I CAN forgive others and not feel anger towards them.



How can I forgive someone who has made me angry?

Remember, it is OK to feel angry.

Draw a picture of your favorite cool down strategy.