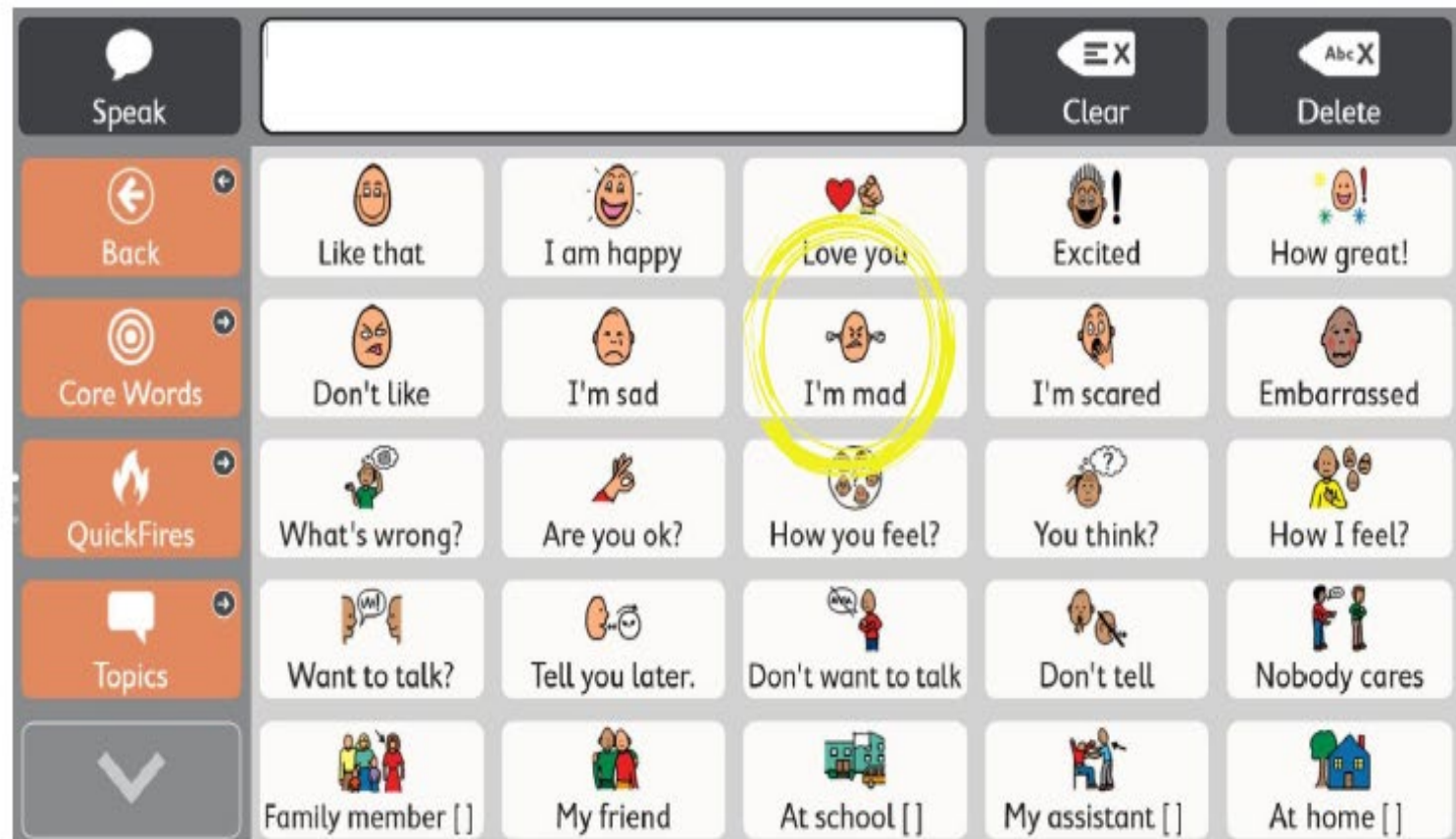
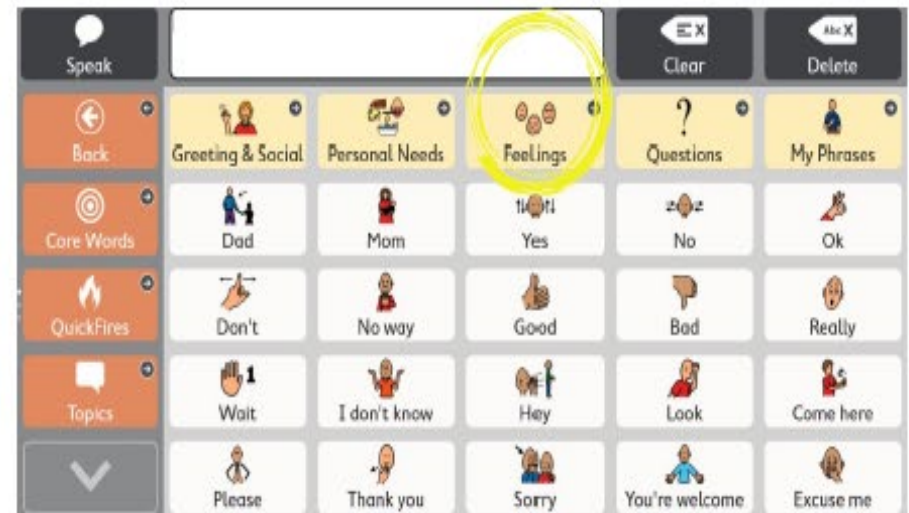



When I Feel Angry


A social story about what I can do when I feel angry.








Communication Partners: use this page to model "I'm Mad!" for the student. This printed page can also be used for the student to express feelings if an AAC device is not available.



Speak



Back



Core Words



























QuickFires


Topics




Clear


Delete

 Like that	 I am happy	 Love you	 Excited	 How great!
 Don't like	 I'm sad	 I'm mad	 I'm scared	 Embarrassed
 What's wrong?	 Are you ok?	 How you feel?	 You think?	 How I feel?
 Want to talk?	 Tell you later.	 Don't want to talk	 Don't tell	 Nobody cares
 Family member []	 My friend	 At school []	 My assistant []	 At home []



When I feel **angry**, I can ask to be by myself or I can ask for help



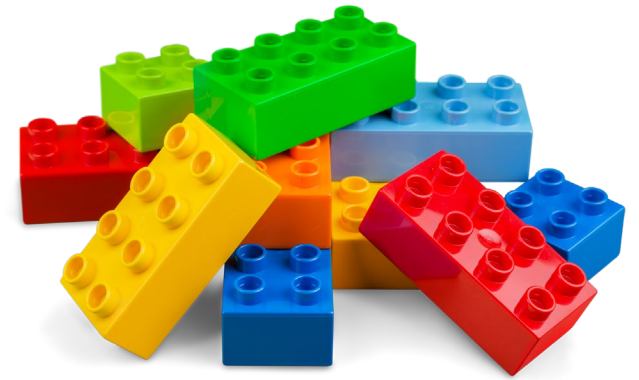
When I feel **angry**, I take deep breaths



If I need help taking deep breaths, I can blow bubbles.



When I feel angry, I count to 10.



When I feel angry, I close my eyes and think of something happy.





I can squeeze my hands.



I can stomp my foot.



I can give myself a squeeze.



These will help me feel calm. I can feel calm!

This story was created by DTA Schools
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