

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



What words do I say when I am 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?

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When I am angry, I might look at other people's eyes or mouth.



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?

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



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?

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



What should I do with my anger?

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?

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# "Don't Be an Angry Bird" Printable Book