



Together for Neurodiversity
Empowering Futures, Embracing Differences



Sometimes I Feel Angry



Together for Neurodiversity
Empowering Futures, Embracing Differences



Sometimes, I feel really angry. My body might get tight, my face might feel hot, and I might want to scream or hit things. It's okay to feel angry. Everyone feels angry sometimes, even adults.



Together for Neurodiversity
Empowering Futures, Embracing Differences



When I feel angry, I don't have to hurt people or throw things. There are good choices I can make to help myself calm down. Making good choices when I feel angry will make me and the people around me feel better.



Together for Neurodiversity
Empowering Futures, Embracing Differences



When I start to feel angry, one thing I can do is stop and take three deep breaths. I can breathe in through my nose, hold it for a moment, and then let the air out slowly through my mouth. Deep breaths help my body and mind feel calm again.



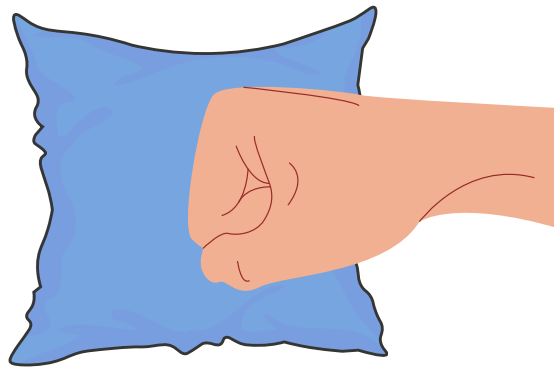
Together for Neurodiversity
Empowering Futures, Embracing Differences



If I feel too angry to stay where I am, I can walk away from the situation. I might go to my calm-down space, like my room or a quiet corner, where I can be alone until I feel better.



Together for Neurodiversity
Empowering Futures, Embracing Differences



When I feel like I want to hit or throw something, I can choose a safe object to hold instead. I can squeeze my stress ball, hug my pillow, or punch a soft cushion. These things won't hurt anyone, and they can help me feel calmer.



Together for Neurodiversity
Empowering Futures, Embracing Differences



If I'm still feeling angry and don't know what to do, I can use my words to ask for help. I can say, "I'm angry, can you help me calm down?" Adults want to help me when I'm upset, and it's okay to ask for help.



Together for Neurodiversity
Empowering Futures, Embracing Differences



When I make good choices, like breathing deeply, walking away, or asking for help, I can feel proud of myself. I kept everyone safe and helped myself feel better. Staying calm is a great thing to do!



Together for Neurodiversity
Empowering Futures, Embracing Differences



Once I'm calm, I can talk to an adult about why I felt angry. They will listen to me and help me solve the problem. Talking about my feelings helps me feel understood and keeps me from getting angry again.



Together for Neurodiversity
Empowering Futures, Embracing Differences



It's okay to feel angry sometimes, but I can make choices that help me calm down. When I stay in control of my anger, I feel good, and I keep the people around me safe. Everyone is happy when I make good choices!