



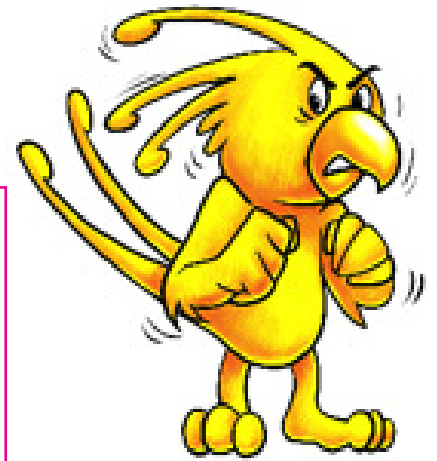
Tools to help me tell others how I feel

Who is this resource aimed for?

This resource is for children to find it difficult to explain how they are feeling

When we are feeling angry we may do or say things that could upset or hurt other people. Finding out the things that make us angry and telling other people how we might react could help you and other people safe.

Things that make me angry are:



When I am feeling angry I might:

Things that help me when I am angry are:

Elephant fact
Elephants can use their trunks to breathe underwater

