



Understanding your own behaviour

Who is this resource aimed for?

This resource is for children that find it difficult to say how they are feeling.

We all feel angry at times. We might show our anger in ways that could hurt other children or grown-ups. It is important that everyone feels safe and comfortable at school. Some children when they are angry or scared might try and hurt themselves or other children or grown-ups. They might hide under a table or try and leave the classroom.

We might say things like;



It is more difficult to say things like 'I feel angry because Lucy took my pencil' but it is good to practice because then a grown-up (or another child) can make things right again. Using the picture below think about how your body and mind feels when you are **feeling calm** and **feeling angry**. **In the middle** is when you are not calm and not angry but somewhere in the middle!

Feeling calm	
Feeling angry	
In the middle	

Dog fact
Dogs have a superior sense of smell and which is about 1 million times stronger than that of humans

