

## What is Anger?

Anger is a difficult feeling. When you're angry, you might do bad things that you wouldn't do if you were happy. But did you know that it's normal to feel angry from time to time? It happens to everyone.

What's something you say only when you're angry?

How can you tell when you are starting to feel angry? Drag and drop the images that best describe how you start to feel when you are becoming angry.

Hot face



Yelling



Throwing something



Don't want to talk to anyone



Fist Clench



Like you want to punch something



Eyes Burn



Crying



Head is going to explode



### When I feel angry....

Drop images here

Hot face

Yelling

Throwing things

Don't want to talk

Fist clench

Punch something

Eyes burn

Crying

Head is going to explode