



No hitting when I get angry



Sometimes I get angry.



When I get angry I sometimes hit others.



This makes others sad and hurts them.

This is not ok.



It is ok to feel angry.



It is ok to make an angry face and to say I feel angry.



Others like it when I tell them my feelings.
They can help me make good choices.



Good choices when I feel angry



It is good to tell others I feel angry.

They can help me make good choices to deal with my feelings.



I can take time out to calm down. This is a good choice.



I can walk away from the situation..

I can go for a walk with an adult.



Everyone will be happy when I make good choices to calm down