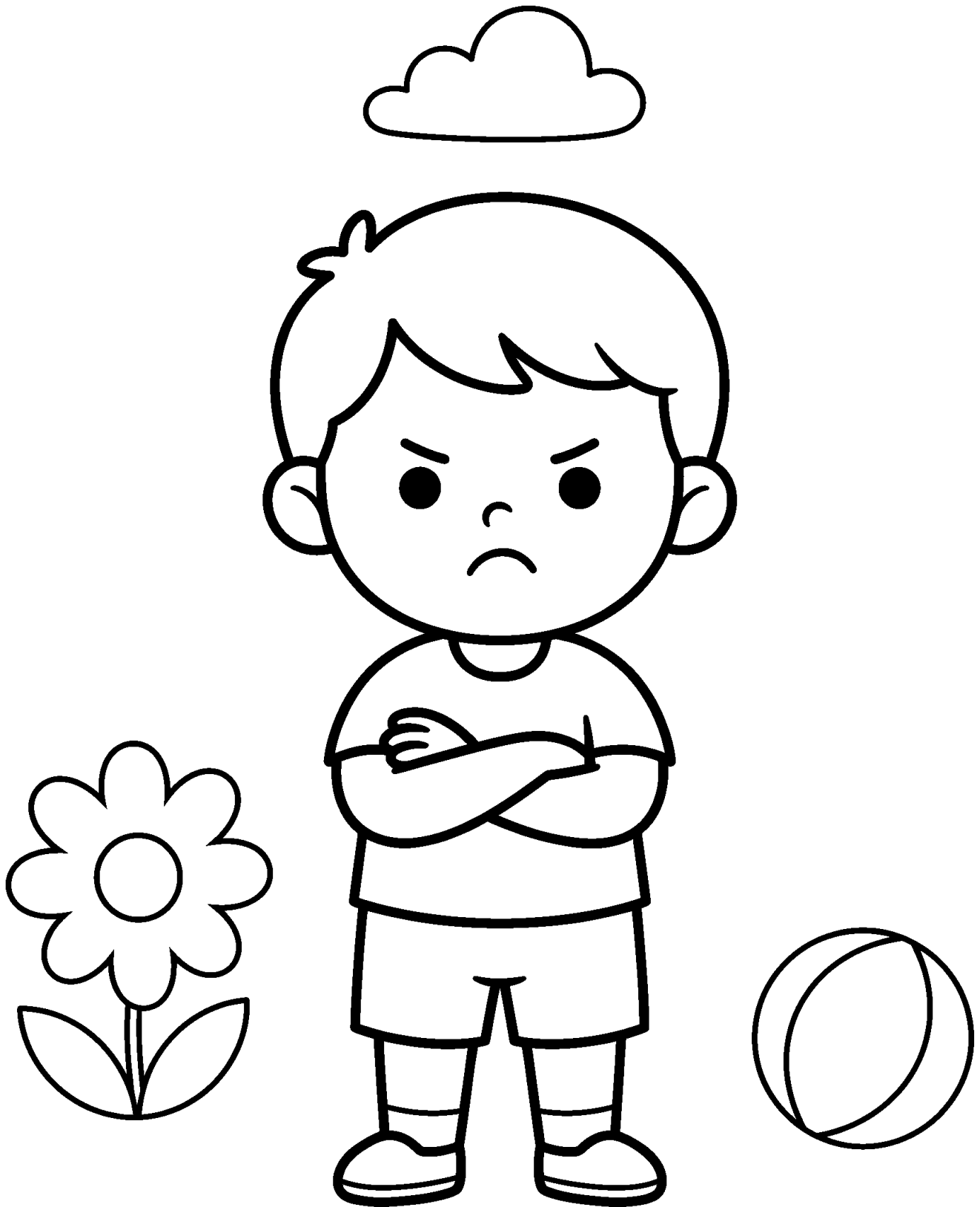


Feeling Angry

Feelings · Big feelings

Builds: naming difficult feelings · reading posture · talking while calm



Talk about it: Where do you feel it in your body when you are cross?

Grown-up tip: Colour this one when nobody is actually angry. Talking about a big feeling while calm is what gives a child the words to use next time it happens.