

KINDERGARTEN – 1ST GRADE

ANGRY IS FEELING TOO!

A VIOLENCE
PREVENTION
LEARNING &
ACTIVITY BOOK



FEELINGS ARE O.K.

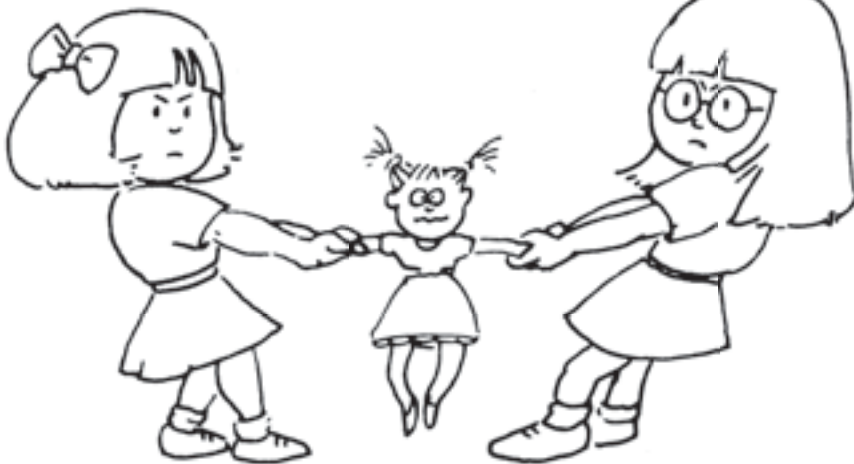
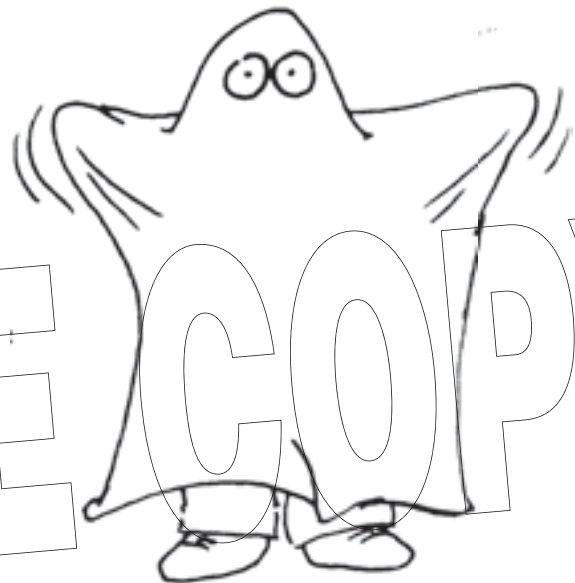
Draw a line to match the feeling word to the picture.

Happy

Sad

Scared

Mad



Written by
Dr. Catherine Steele, Early Childhood Specialist

WHAT FEELING WORDS DO

Draw a line to match the feeling word to the picture.

How do you look when you feel...

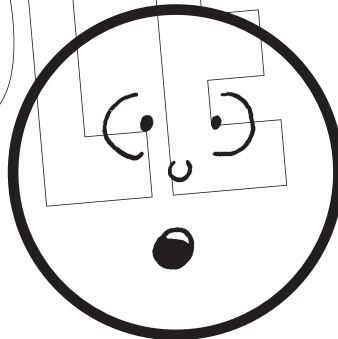
Happy



Sad



Angry



Mad



Worried



Scared



ANGRY IS A FEELING

**When I am feeling angry,
I know just what to do.**

I make a funny picture.

You can do it too.

Color the funny picture.



MAD IS A FEELING

Sometimes I feel



happy.

Sometimes I feel



sad.

Sometimes I get



angry,

And feel very, very



mad.

Draw a picture showing what makes you feel angry.

A large rectangular box for drawing, with a horizontal line across the top. The box is partially obscured by a large, faint, diagonal watermark that reads "SAMPLE COPY".

SO MAD

**Sometimes I get so mad
that I see red.**

**This is how I look when I
see red.**



Color my pants red.



Color my cloud black.

**Sometimes I get so mad
that I am in a
black cloud.**

**See me in my
black cloud.**

VERY MAD

When I am very mad I take a big breath and count to 10.

Write in the missing numbers from 1 to 10.

1 _____ 5
_____ 10

I breathe air in and I blow air out.

I do this 3 times.

This is how I look...

1

Breathe air in

Blow air out

2

Breathe in

Blow out

3

Breathe in

Blow out



Breathe in



Blow out

WHAT I CAN DO

What can you do when you are angry?

What can you do when you are mad?

**Angry is one of those feelings
That makes you feel so bad.**

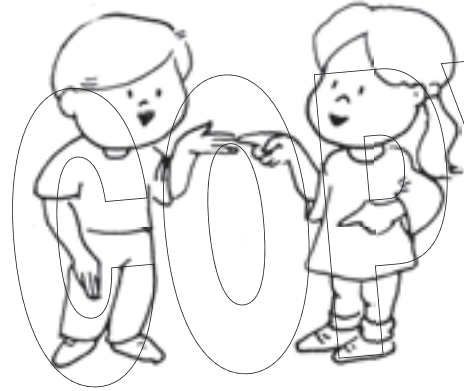
Draw a circle around what you can do when you feel angry or mad.



Read a book



Sing a happy song



Talk to a friend

Draw a picture of what you can do to feel better.

FEELING SAD



Run and play

**When I am feeling sad,
This is what I can do.**

**See if you can
Do it too!**



Jump rope




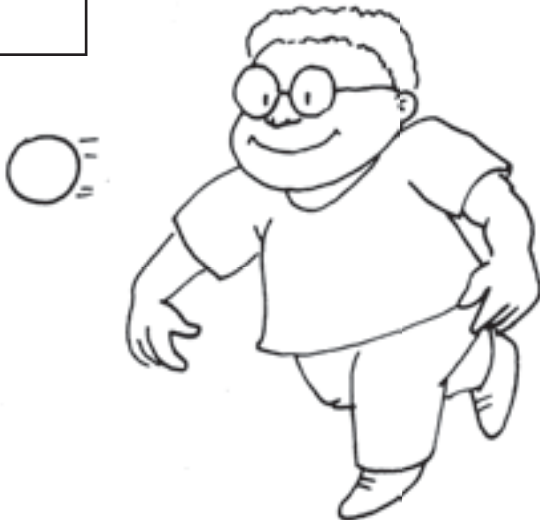
Draw a picture of what you can do when you are sad.

SAMPLE COPY

FEELING HAPPY

FEELING GOOD

Make a "✓" in the small boxes next to the pictures that make you feel good.

<input data-bbox="98 546 231 677" type="checkbox"/> 	<input data-bbox="778 546 911 677" type="checkbox"/> 
<input data-bbox="98 1211 231 1342" type="checkbox"/> 	<input data-bbox="778 1211 911 1342" type="checkbox"/> 

A WARM FUZZY FEELING

Feeling good is a warm fuzzy feeling.

There are many things we care about,
Like a person, a dog or a cat.

It could even be a teddy bear.

What do you think of that?



I care about my _____

Draw a picture of someone or something that makes you feel good.

FEELINGS

ARE

O.K.



SAMPLE COPY

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