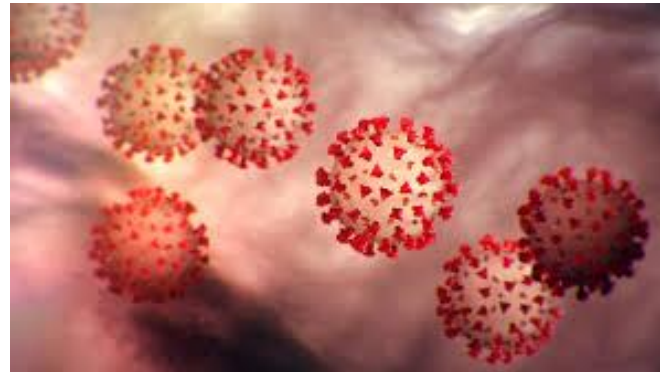


# When I'm angry



## Social Story



Our President has told everyone to stay at home to stop the spread of the virus.



This is a very difficult time for everyone. We can't go to school, to the movies or to our favourite places.



This might make people feel angry because they feel frustrated being in lockdown.



Different things make me angry. I might feel angry because I can't go to my favourite places, or because my routine has changed. I might feel angry when someone says 'No' to me.



It's ok to feel angry. I know that feelings can change and my anger won't last that long.



When I feel angry it might feel like I am out of control. My body gets tense, tight and stiff. My heart might beat faster as if it is racing and my body might even feel hot.



When I'm angry, I might feel like screaming, yelling, or crying. Sometimes it can feel good to do these things, but only if I'm not hurting anyone or anything.



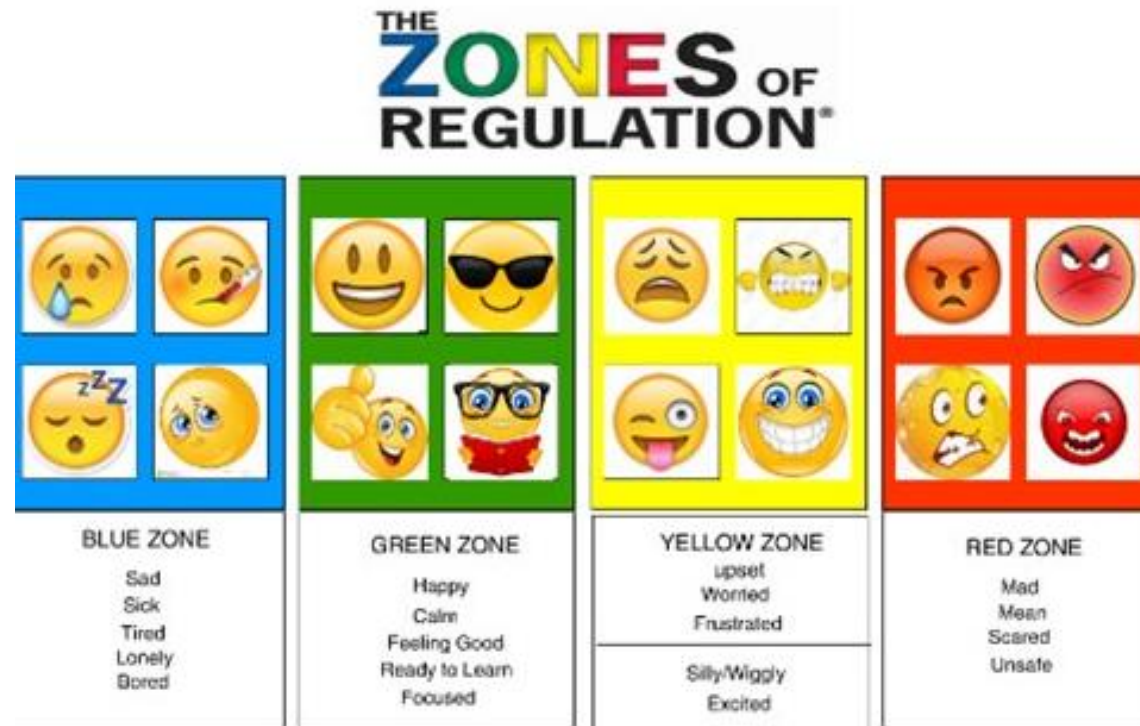


I may also clench my fists when I'm angry, as if I want to hit or punch something or someone. But I don't want to hurt anyone or anything. Instead, I can stay in control and use a coping strategy to help me feel better.



I'm so mad!!!

There are lots of different things I can do to help with my anger instead of hitting, kicking, or screaming. The first thing I should do is name the emotion when I feel it. For example, I can say, “I feel angry” or “I’m so mad!”



I can often check in on my Zones of Regulation colours and identify my colour and feeling.



It can help me to close my eyes, take a slow breath in for 5 counts, hold my breath for 5 counts, then slowly breathe out for 5 counts.



I can punch a punchbag, mattress or pillows.

I can

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

There are so many other coping strategies that I can try when I feel angry. I can think of 4 strategies that could work for me and will try them before I get too angry.



It's okay to feel angry from time to time because I know that my feelings change often and that my anger will soon pass. I also know that I can make myself feel better quicker by using my coping strategies. I'll feel so proud of myself for staying in control.