Feeling angry is when we feel mad or upset about something.

**Times we might feel angry:**
- When we don’t get to play because we have to do our school work
- When people misunderstand what we are saying
- When something doesn’t go well for us

**When we feel angry, our body might feel like:**
- Our face is hot and red
- Our muscles are tight and tense
- Our heartbeat is faster than normal

**Understanding Angry / Questions for learning:**
What are some times a person might feel angry?

When you feel angry, what does your body feel like?

Write about a time that you felt angry. What was it like?