



Angry

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?



Depression and Bipolar
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