

Big feelings are part of being me.

Niblet sometimes copies my grumpiness!

Grimple's Grumpy Day

What can I do when I'm angry?

It's okay to feel angry.
What we do with our anger matters.

1 It's okay to feel angry

Anger is a normal feeling. It can happen when something feels unfair, disappointing or too much.



All feelings are welcome in Collyvale.

2 Notice the signs

When I feel angry, I might notice:



A hot, tight feeling



A faster heartbeat



Tense muscles



A muddled, busy mind



A funny feeling in my tummy



Wanting to shout, hit or stamp

3 Pause and breathe

Take a moment. Try these steps:

- 1 Stop – be still.
- 2 Take a deep breath in through your nose.
- 3 Blow it out slowly through your mouth.
- 4 Do this three times.



A calmer me can make a better choice.

4 Choose a safe way

Here are some things that can help:



Go for a walk



Draw how you feel



Squeeze a cushion



Listen to calm music



Spend time outside



Talk to someone you trust

5 Be kind to others

It's never okay to hurt people, animals or break things when we're angry.



I can be strong and kind.

6 Make it right

If I've said or done something that wasn't kind, I can:



Say "I'm sorry."



Try to make it better.



Talk about what happened.



Think about what I can do differently next time.

A grumpy moment doesn't spoil a bright tomorrow.

"I can feel angry,
I can calm down,
and I can choose a kinder way."

– Grimple