

Name: _____



When I feel **ANGRY**

Why Am I So Angry:

WHAT DID I DO?

What happened: Draw or Write

What was I thinking:
"I thought..."

How Did I Feel:

Circle one:

- Mad
- Frustrated
- Sad
- Hurt
- Left out

WHAT CAN I SAY WITH MY WORDS?

"I feel mad because _____

AFFIRMATION

"When I feel mad, I can use my words."