

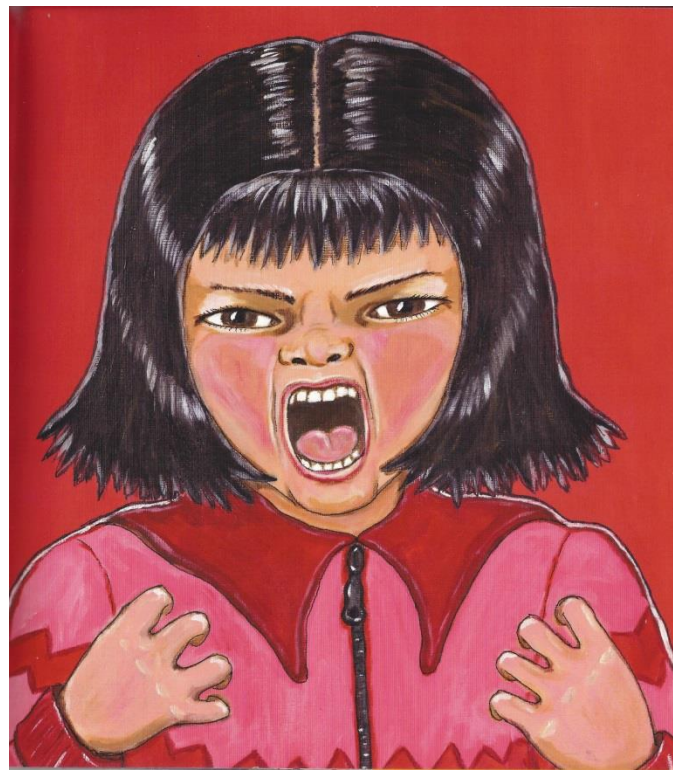
I've Got a Feeling!

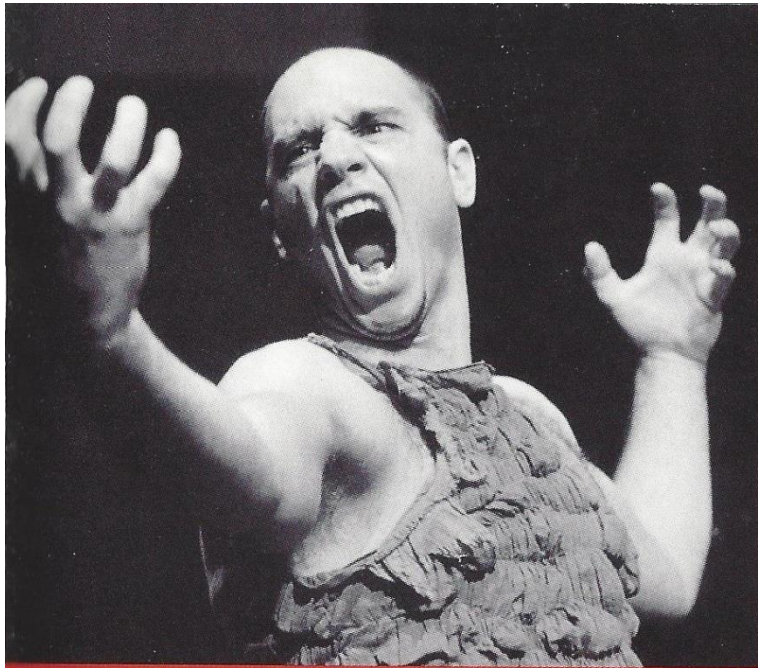
I told you not to touch it,
You know that it is mine.
So now my teeth are showing
And I'm roaring like a lion.

Scowling, stamping, shouting!

How do I feel ?

Angry!





Angry

Why do you think this man is so angry?

What do you do to calm down when you lose your temper?

Do any of the following things help?

- Shouting and screaming
- Taking deep breaths
- Cuddling someone
- Crying
- Having a lie down
- Jumping up and down on the spot
- Playing with your favourite toy
- Running around the garden
- Punching a cushion
- Counting to 10

**What
makes
you lose
your
temper?**

Write a poem using
some of these
'ANGRY' words:

cranky

furious

irate

mad

livid

fuming

annoyed

irritated

cross

bad-tempered

irascible

miffed