Sometimes I feel Angry

Sometimes I get angry at school.

When I get angry this is what I can do.

I take a deep breath and put my hands in my pockets.

I will try to walk away and talk to my teacher or my helper in a quiet voice and tell them the problem.

I will try to listen to my teacher or helper and do what they ask me to do.

This will make me feel happier and my teachers happier.