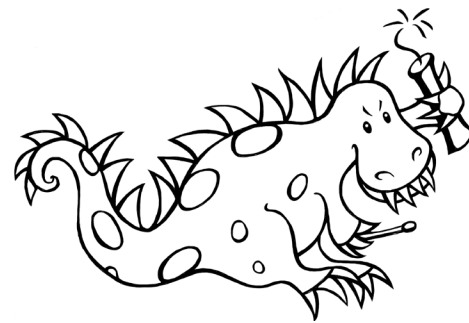
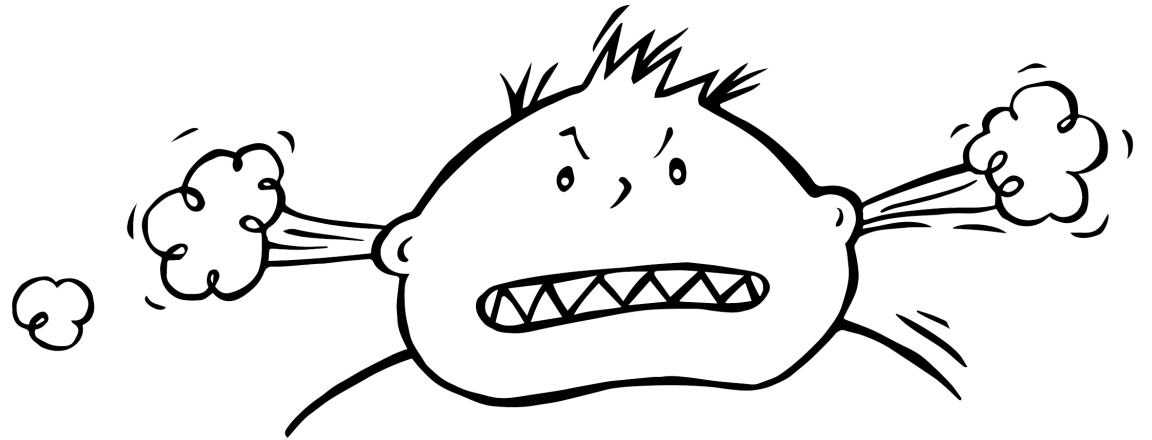


# Anger

Anger feels like a firecracker bouncing around in your tummy. What sort of things ignite your firecracker? Write them down or draw a picture of those things you get mad about . . .



Remember that anger is just another feeling. Just because you're mad doesn't mean you're bad! Find out about Rabbit in 'Winnie the Pooh'. He gets very angry at times but he is very lovable!

Anger rules: It is okay to get angry, but it's not okay to hurt yourself, others or damage property.