

It's OK to Feel Angry

Use this poster to help you choose the best way to get those angry feelings out.



Draw lots of clouds to help the anger float away.

Do star jumps on the spot until you are worn out.



Sing as loudly as you can.



Listen to some music on headphones.



Close your eyes and take some deep breaths.



Go for a walk in the garden.



Run on the spot until you are out of breath.



Count down from 100.



Get yourself to and fro 'til you can't feel angry and you feel better.



Go to somewhere you love and look there for a different long.

Close your eyes and imagine yourself in a place that makes you happy.

Write a story.



Draw into your phone.

Read a story.



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Sometimes Its Ok To Be Angry

**David Geldard, Kathryn
Geldard, Rebecca Yin Foo**



Sometimes Its Ok To Be Angry:

Uncover the mysteries within Explore with is enigmatic creation, Embark on a Mystery with **Sometimes Its Ok To Be Angry** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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