



James' Social Story:
Controlling my Anger.





My name is James.

My teacher's names are Mrs. Jones and Miss. Lewis.

Sometimes I do
not get to do
what I want.



Mrs Jones and Miss
Lewis often tell me
what I should do.





Sometimes I can get really angry
when I am told to
do something I
don't want to do.



I may want to play 5
more minutes.



I may want to do something I am told
I cannot do.





**When I am told I
can't do what I want
I can get
angry.**

**When I get angry
I may start to
shout.**

**When I get angry I
may try to kick or
hit the person
who is making me
angry.**





It is okay to be angry. Everybody gets angry.

But it is not okay to hurt anyone when I am angry.



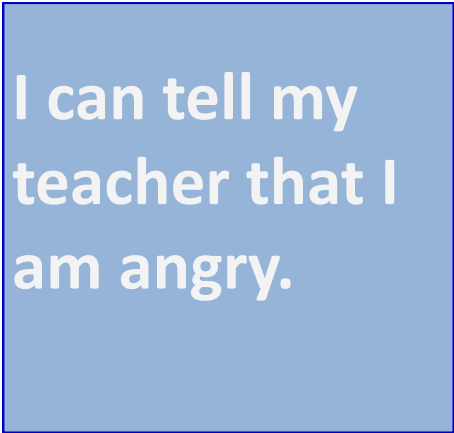
Mrs Jones and Miss Lewis and other adults don't hit each other when they get angry.



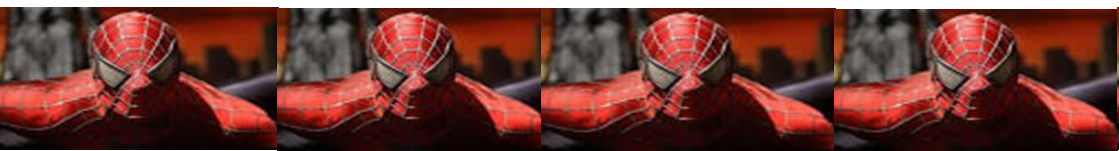
**When I get angry there are several things I
can try to do.**



**Miss Lewis,
I am feeling**



**I can tell my
teacher that I
am angry.**





**I can jump up
and down and
shake my arms.**



**I can try to take a
slow deep breath,
close my eyes, and
count to ten.**





To stay calm,
children can talk to
the teacher about
their feelings.

This is very
important.

THE END