

# Mad Matters

Answer the questions below about when you're feeling mad or angry.

Something that makes me feel mad is:

When you're mad, what does your body do?

What are your hands and feet doing?

What does your chest and tummy feel like?

What does your voice do?

Make a mad face, and then draw or describe it here:



When I'm mad, I need... color the ones that apply

- Some Space
- A Hug
- Someone To Tell Me It Will Be Okay
- To Be Able To Scream
- A Distraction
- To Be Able To Stomp
- A Drink Of Water

When I'm mad, something that helps me feel better is: