

A SOCIAL NARRATIVE

BIG FEELINGS SERIES



When I Feel Angry or Frustrated



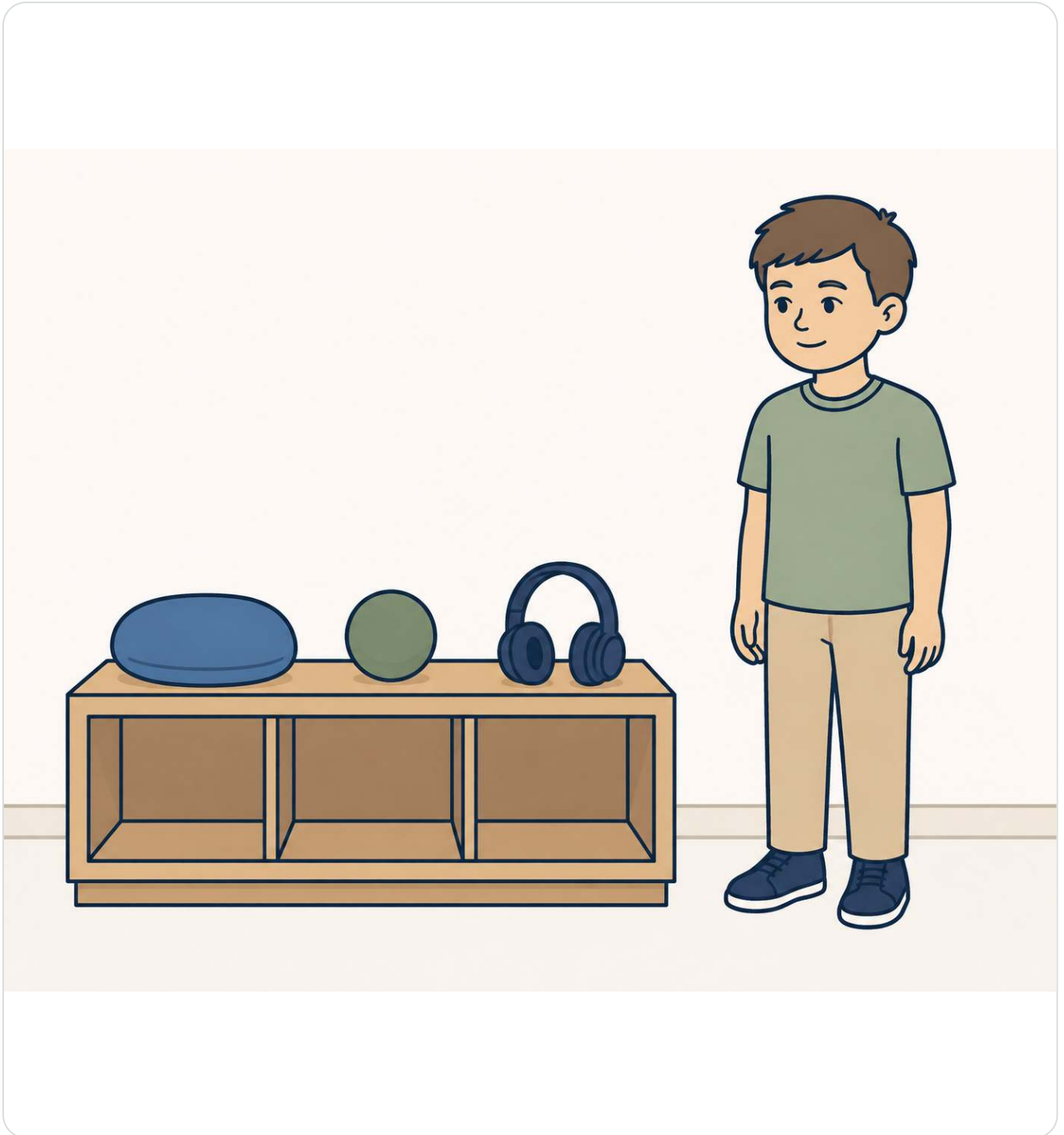
Sometimes Sam feels angry or frustrated.
That's a normal feeling. Grown-ups feel this
way too.



Sam's chest might feel tight. Sam's hands might feel like fists. That's the body showing a big feeling.



Feeling angry doesn't make Sam bad. What happens next is what matters.



Some kids like to squeeze something soft, like a squishy toy. Some like to go somewhere quiet. Some like to move their body. There's no one right way.



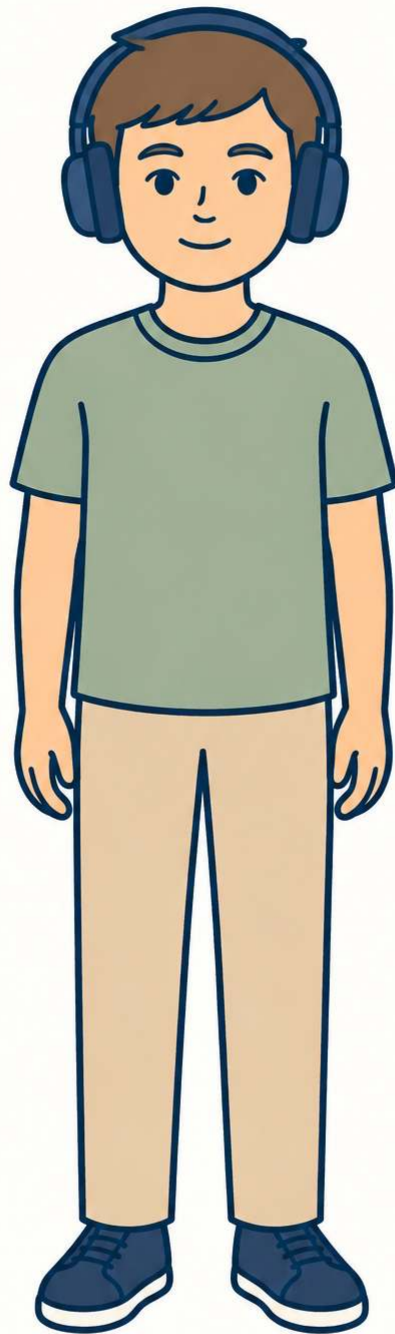
At school, the quiet corner is somewhere Sam can go.



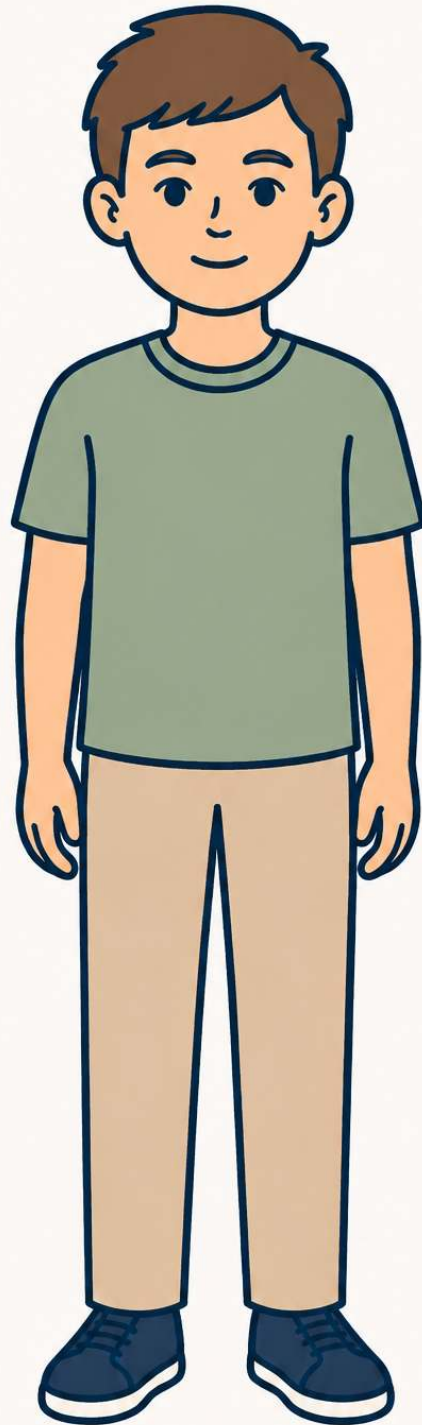
At home, the cushion corner might help.



Ms Taylor at school, and a grown-up at home, can help with a big feeling.



Sometimes Sam isn't ready to talk about it straight away. That's okay. Space can come first.



Big feelings come, and then they go down again. That's how feelings work.



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