

# 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.



Use your 'I feel like this' box to see how you feel when you feel angry.

Use the resources you have and look them up for a different way.



Close your eyes and imagine yourself in a peaceful place. Think you happy.

Write a story.



Draw the angry person.



Read a story.



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Count down from 100.

# Sometimes Its Ok To Be Angry

**Clemens Wendtner**



**Sometimes Its Ok To Be Angry:**

## Unveiling the Magic of Words: A Review of "**Sometimes Its Ok To Be Angry**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Sometimes Its Ok To Be Angry**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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