

Staying Calm When I Feel Angry

A free printable social story for ages 4-9

Anger management is a learned skill, and children need concrete strategies before the big feeling hits, not during it. This story teaches body-clue awareness and safe calm-down choices in positive, non-shaming language. Counselors and teachers often use it alongside a calm-down corner or feelings chart.

Everyone feels angry sometimes. Kids and grown-ups do.

Anger is a feeling. Feelings come and go like waves.

When I feel angry, my body gives me clues.

My face might feel hot. My hands might squeeze tight. My voice might get loud.

Noticing my clues helps me choose what to do next.

When I feel angry, I can stop and take three slow dragon breaths.

I can squeeze a pillow, stomp my feet in a safe spot, or ask for a break.

I can use my words and say, "I am angry!"

A grown-up can help me when the feeling is really big.

My job is to keep bodies and things safe, so I use my calm-down tools.

Little by little, the angry feeling gets smaller. It always does.

When I feel calm again, a grown-up can help me solve the problem.

I am learning to handle my anger, and I get better every time I practice.

Tips for Reading This Story Together

- Practice the calm-down tools daily when your child is already calm; skills rehearsed in peace become available in storms.
- Set up a physical calm-down spot with a pillow, a fidget, and a copy of this story's key pictures.
- During a meltdown, keep words minimal and repeat one rehearsed line; teaching happens later, once calm returns.
- Name your own anger out loud and model a tool: I am frustrated, so I am taking a dragon breath.

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