

Special Ed

EVERYONE  
GETS  
ANGRY



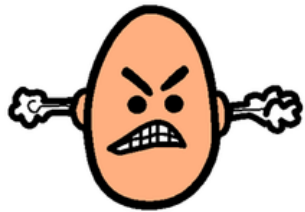
**SOCIAL STORY + ACTIVITIES**



*These social stories are something I created and started using in my classroom. The story paired with the activities gave students a structured way to practice a new or uncomfortable skill.*

# Feeling Angry Social Story

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Special Needs for Special Kids



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In a separate file you will find:

- PowerPoint version of social story (editable)
- Activities in black and white

You can also download this social story as a google slide presentation. You will be prompted to make a copy. This is editable in case you need to adjust to the needs of your students. [CLICK HERE](#)

*This unit has a story and activities. The activities come in 2 separate files, one in color and one in black and white.*

When I get angry, I may notice that my heart starts pounding faster and harder.



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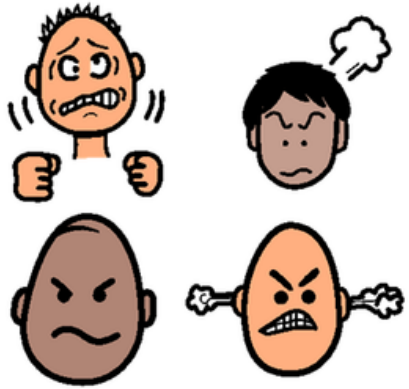
When I feel angry, I walk away and have some quiet time to myself.



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There is a 17 page social story that has simple text and engaging photos. This story is in a PowerPoint and Google Slide format so you **can edit** the text if needed to fit your own situation.

Everyone feels angry sometimes.



Page 3

When I get angry I may feel my heart pounding in my chest.



Page 4

When I get angry, I may get sweaty palms.



Page 5

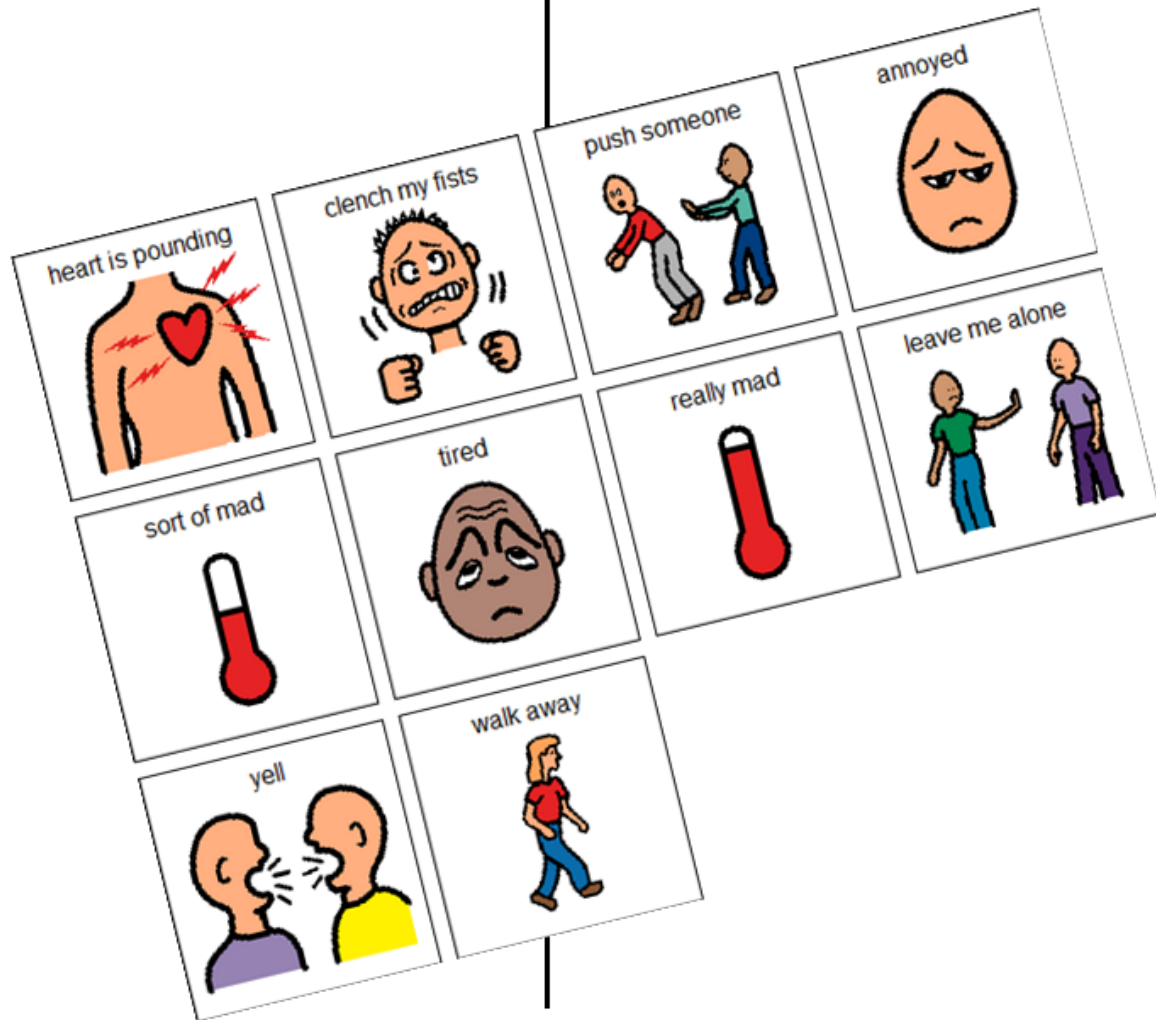
When I get angry, my muscles may feel tight.



Page 6

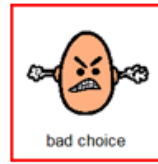
There is also a 15 page booklet in color and black and white that students can keep with them and take home to review as needed.

Have you ever been angry? Have you ever been grouchy? Did you know the difference?



There is a sorting activity comparing feeling grouchy versus really angry. Suggestions for differentiation are included.

Everyone gets angry. But there are good choices and bad choices when you do get angry. Look at the actions on the next pages and put them in the best column.



 count to 10	 hit others	 yell	 deep breath
 throw things	 say leave me alone	 walk away	 bite others
 spend time alone	 listen to music	 be mean	 talk to a teacher

There is a sorting activity comparing good and bad choices when you are angry. Suggestions for differentiation are included.

Front of card

**Getting Angry**



Back of card

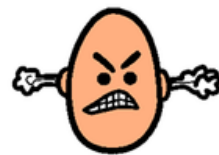
**Remember**

1. Take deep breath
2. Count to 10
3. Time alone
4. Doesn't last long
5. I will be ok!

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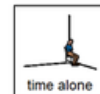
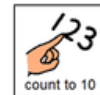
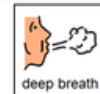
Front of card

**Getting Angry**



Back of card

**R  
e  
m  
e  
m  
b  
e  
r**



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There is a power card that comes in 2 versions that reviews what to do when you get upset or angry. These are great for students to carry around and personalize.



*The activities that accompany this social story provide:*

*1. A structured way for you to review this skill.*

*2. A way to informally assess if students are comprehending the material.*

*3. Engages the student by providing different ways to review the same material.*