



# Feeling Angry is Okay

I feel **angry**, Waa Waa Waa  
I feel **mad**, Boo, Boo, Boo.  
Take a deep **breath**, count to ten,  
**Angry feelings** can't last, my friend.

When things don't go my way,  
I start to feel **angry** today.  
It bubbles up inside of me,  
**Angry feelings**, I can see.

I stomp my feet, I clench my **fists**,  
But I know how to deal with this.  
Take a **breath** and calm my mind,  
**Angry feelings**, I leave behind.





**angry**



**mad**



**feeling**



**fist**



**breath**

Sight Words: **ten** **deep** **last** **see** **inside**

**ten** I can count to **ten**.

1 2 3 4 5  
6 7 8 9 10

**deep** The water is **deep**.



**last** I was the **last** in line.



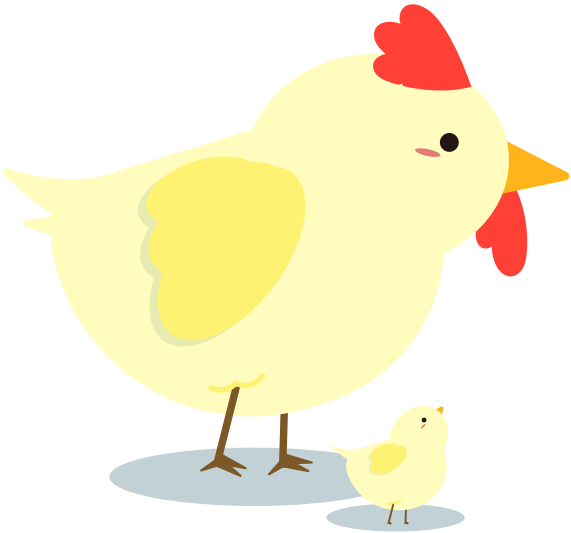
**see** I **see** a rainbow.



**inside** Let's go **inside** the house.



## Phonics “-en”



**hen**

**10**

**ten**



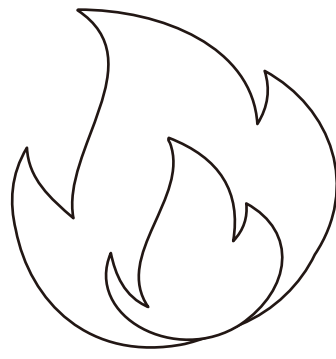
**pen**



**friend**



**men**



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is okay

