

Meet Angry



With blazing red colour and furrowed brows, Angry is the fiery member of the Feelings Family. Angry teaches us that it's okay to feel upset sometimes, but it's important to express our anger in healthy ways, often reminding family members that anger is a natural emotion that can even be helpful when used correctly.

Despite the hot-headed appearance, Angry has a warm heart and is always ready to stand up for what's right and protect family.

The biggest challenge is finding positive ways to manage and express this powerful emotion without hurting others or damaging relationships. Angry asks us to talk about our feelings, use calming techniques, and find productive outlets for our frustrations.

Anger's Tips when you're All Fired Up:

- 🔥 Take deep breaths when you feel angry.
- 🔥 Count to ten slowly to calm down.
- 🔥 Use words to express why you're feeling angry.
- 🔥 Draw or paint your feelings on paper.
- 🔥 Go for a walk or do some exercise to release energy.