



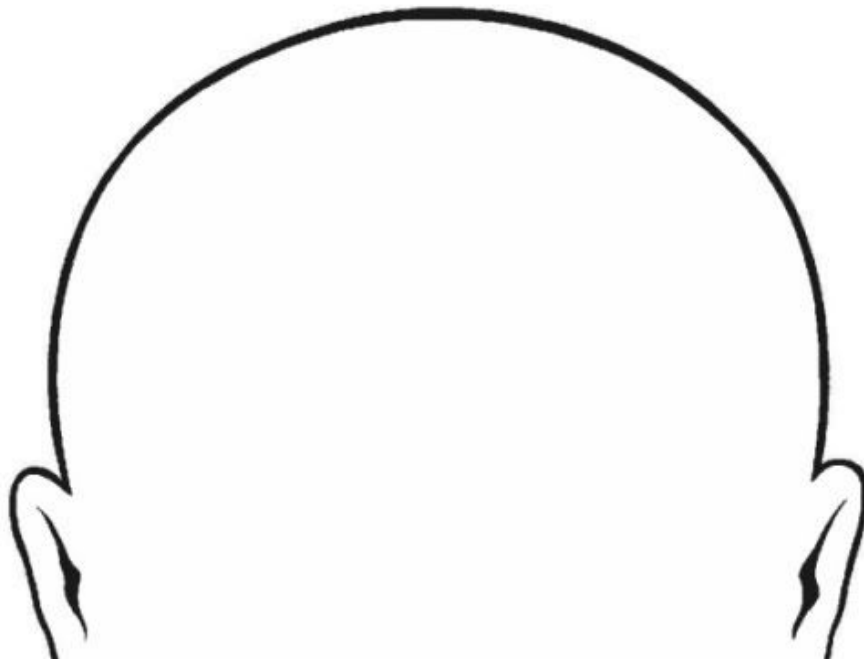
**I SCREAM
BECAUSE
I'M ANGRY**

COLORING AND ACTIVITIES

Erica N. Wortherly, LCSW | Cover Illustration by Jamari D. Smith

Why do I feel so nervous?

What is happening in your head when you are angry?

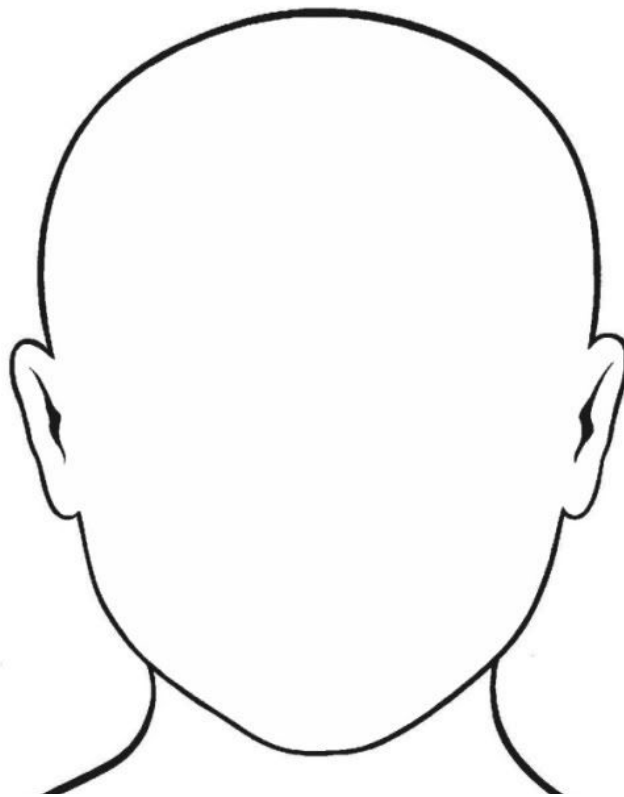


Your Brain

Use words or drawings to show what you are thinking when you become angry.

Why do my fists ball up?

How does someone know you are angry?

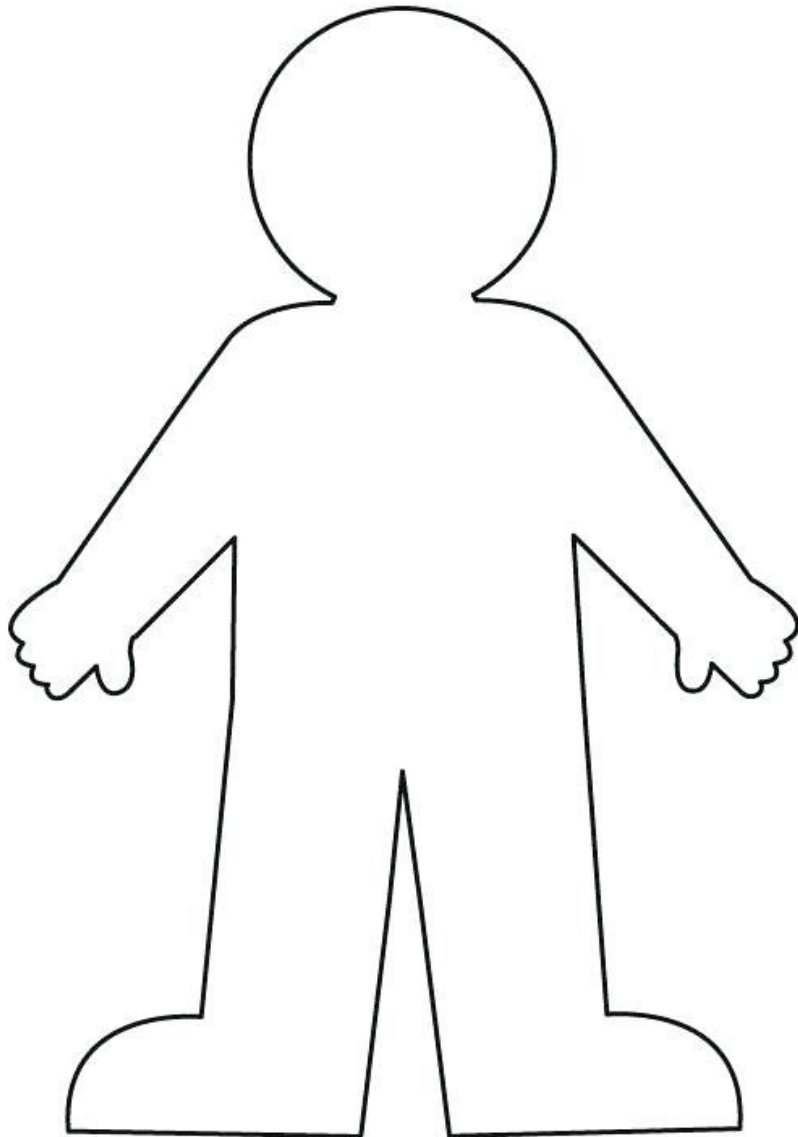


Your Face

Feelings can show on your face and the rest of your body. Draw/color your angry face.

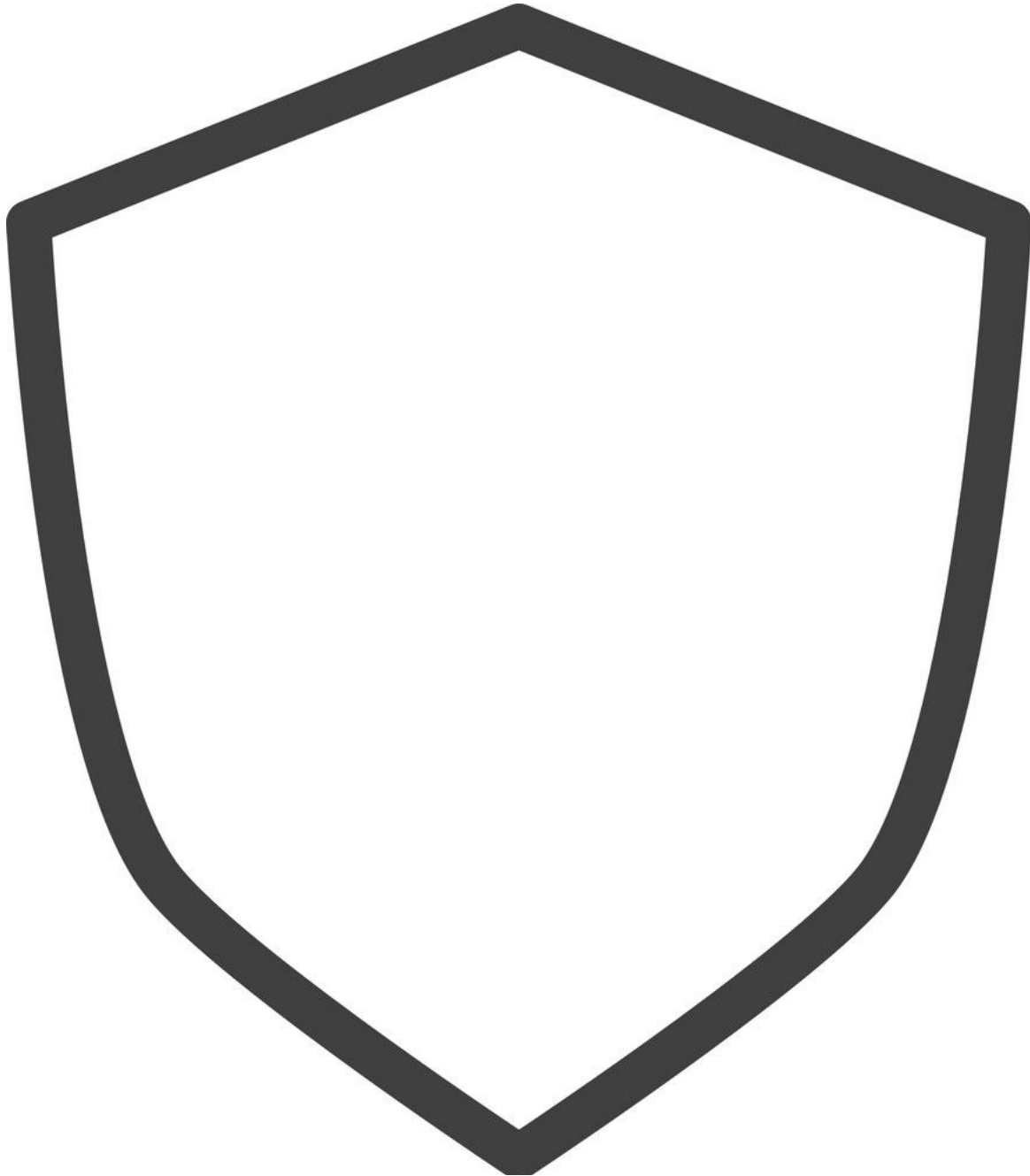
Why does my heart beat boldly and keep my mind from calm?

How does your body feel when you are angry?



Your Body (Maybe Hands, Heart, Stomach, Feet)
Color the parts of your body that change when you are angry.

Anger is an emotion, a normal part of me.
It rises up like fire.
It's a shield when I feel pain.



Decorate your shield with pictures, words and/or things
that can help you to calm yourself.