

Your Emotions I Feel Angry

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Young children experience many confusing emotions in their early years and I feel Angry looks at the emotion anger, in light-hearted but ultimately reassuring way. This picture book examines how and why people get angry, illustrates scenarios of people behaving angrily, and the best way to deal with it with age-appropriate content.

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Your Emotions: I Feel Angry. 4.07 (42 ratings by Goodreads) Paperback. Your Emotions. English. By (author) Brian Moses , Illustrated by Mike Gordon. Share. Young children experience many confusing emotions in their early years and I feel Angry looks at the emotion anger, in light-hearted but ultimately reassuring way.

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Feelings of anger arise due to how we interpret and react to certain situations. Everyone has their own triggers for what makes them angry, but some common ones include situations in which we feel: threatened or attacked. frustrated or powerless. like we're being invalidated or treated unfairly.

[Causes of anger | Mind, the mental health charity - help ...](#)

Some signs that your anger is not normal include: anger that affects your relationships and social life feeling that you have to hide or hold in your anger constant negative thinking and focusing on negative experiences constantly feeling impatient, irritated, and hostile arguing with others often,

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an inability to control your anger; feeling compelled to do, or doing, violent or impulsive things because you feel angry, such as driving recklessly or destroying things

[Why Am I So Angry: Causes, Symptoms, and Treatments](#)

Sometimes we feel scared, angry, guilty, lonely, embarrassed or worried. It is important not to be ashamed of having feelings. Feelings are a reaction to how your body is feeling. For example: If...

[Feelings and Emotions - BBC Bitesize](#)

Big Feels and How to Talk About Them 1. Enjoyment. People generally like to feel happy, calm, and good. You might express these feelings by smiling,... 2. Sadness. Everyone feels sad from time to time. This emotion might relate to a specific event, such as a loss or... 3. Fear. Fear happens when you ...

[List of Emotions: 54 Ways to Say What You're Feeling](#)

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[I Feel Angry Your Emotions by Brian Moses Mike Gordon ...](#)

- learning about honesty, values: "i don't care" - learning about respect, look inside: tudor warship, your feelings: it's not fair, your feelings: i'm worried, your feelings: i'm lonely, your feelings: i'm bored, look inside: victorian toyshop, your emotions: i feel sad, your emotions: i feel frightened, your emotions: i feel jealous, favourite foods: pizza, new experiences: are we there yet ...

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24 April - How to manage emotions like anger. In this video, a child explains his feelings after he has been angry. An animation explains why sometimes we lose control.

[Home Learning with BBC Bitesize - Wellbeing for Year 2 ...](#)

Annoyed is a mild irritation (this word is a bit of a "sub-emotion" to anger). After you're annoyed with someone or something, the frustration builds and you end up full-tilt angry. When you first become annoyed, it's usually over something small. Here's an example—say someone parked in your spot at work. This gets you annoyed.

[12 Words To Express Anger | Dictionary.com](#)

When you're getting angry, there are lots of things that will happen to your mind and body. You might: feel your muscles tensing up; start breathing heavily; notice your heart beating faster; feel like you can't think about anything except what's happened; only be able to see the negatives about a situation or person

[Anger | Childline](#)

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