

The Anger Rules

(Adapted from “A Volcano in My Tummy” by E. Whitehouse & W. Pudney)

It’s OK to feel angry (walk in a circle)

But (turn around)

Don’t hurt yourself (turn to the right to a friend and slowly wave your hand from side-to-side)

Don’t hurt people (do the same turning to the left)

Don’t hurt things (do the same looking to the front)

Instead (turn around)

Talk about it (move hands up and down with palms facing up)

Reglas para cuando estes enojado

Es normal que te enojas

Pero

No te hagas daño a ti mismo

No le hagas daño a nadie

No dañes las cosas

En cambio

Habla acerca de cómo te sientes