

A n g e r



Jason pushed me into the wall,
Sophie said I wasn't very tall,
Adam called me a very rude name,
The teacher said I was to blame.
All these things are triggers to me,
My anger appears for all to see.
Adrenaline surges into my veins,
And causes my body to feel such pain.
This helps my body you see,
To be ready to fight or to flee.
A face that's red and hot,
A heart that beats a lot,
Breathing shallow and fast,
A sickness I hope won't last.



If I'm not careful I could do something rash,
Like giving someone a great big bash,
Or kicking and hurting someone I know,
And then I know I would feel very low.
I might even damage something special to me,
Such as a boot or a shoe when I kick a tree.
So what should I do when these triggers appear?

I need to plan it so it is clear.

There are lots of ways to calm myself down,
No one wants to see my big frown.

I can count to ten,
Or hide in a den.

I can run very fast,
So my anger won't last.

I can breathe slow and deep,
Or even have a weep.

So I need to remember this clear,
I don't want others to show me fear.

It's so important you see,
To not hurt others, property or ME!

