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GETTING MY ANGER OUT

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There are lots of people in my classroom. When they get close to me or touch my things I feel angry.

I can feel the anger rumbling inside me and building up like a volcano.

I need to get my anger out. I want the anger to go away.

I can get the anger out my stomping my feet.

I can get the anger out my smashing ice.

I can get the anger out by punching a pillow.

Grownups can help me learn new ways to get the anger out. When I get the anger out I feel much better.

This story might help you to create your own Social Story™. Social Stories™ should be individualised to the child and should follow the criteria developed by Dr Carol Gray.

Please speak to one of our Speech Pathologists or Occupational Therapists to learn more.