

All About Angry Scribble

Untangling big emotions – one scribble at a time



Channon Gray





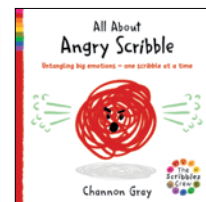
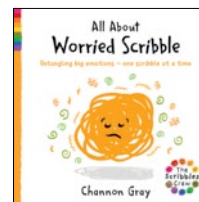
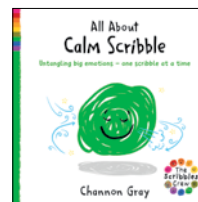
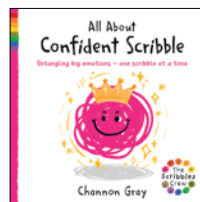
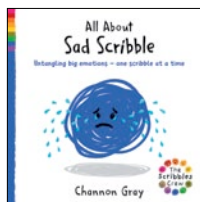
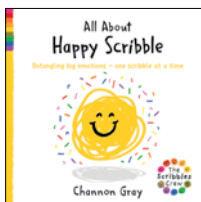
Come and join the Scribbles Crew!

Get to know **Angry Scribble** – find out how it can make you feel and discover top tips for the times when it seems anger takes over!



The Scribbles Crew supports children's emotional literacy by helping them identify, understand and talk about their big feelings. Each book is packed with simple, practical steps and activities to build self-awareness, empathy and resilience, and develop self-regulation and social-emotional skills.

Collect all of the Scribbles Crew books!



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Scan the QR code for more great Scribbles Crew activities, sing-along songs and teaching resources specially created by The Exciting Teacher.

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£6.99

I feel...



happy



calm



sad



angry



worried



confident



scared



surprised



disgusted



unsure



excited



embarrassed



panicked



focused



disappointed



silly



friendly



jealous



bored



muddled



tired



unwell



hungry



hot or cold

How do I say
“I feel angry” in Makaton?

I feel



Take one hand with your thumb pointing upwards and your middle finger pointing to your chest. Bring your hand upwards and say, “I feel”.

angry.



With an angry look on your face, claw your hands and make them tense. With palms towards you, move them gently around in front of your chest and say, “angry”.

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All About Angry Scribble

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Anger is **tricky**.

It is a feeling that can **grow** quite quickly.



Grr! I am
Angry Scribble.

Although it
can be pretty
unComfortable!



Feeling angry is normal.



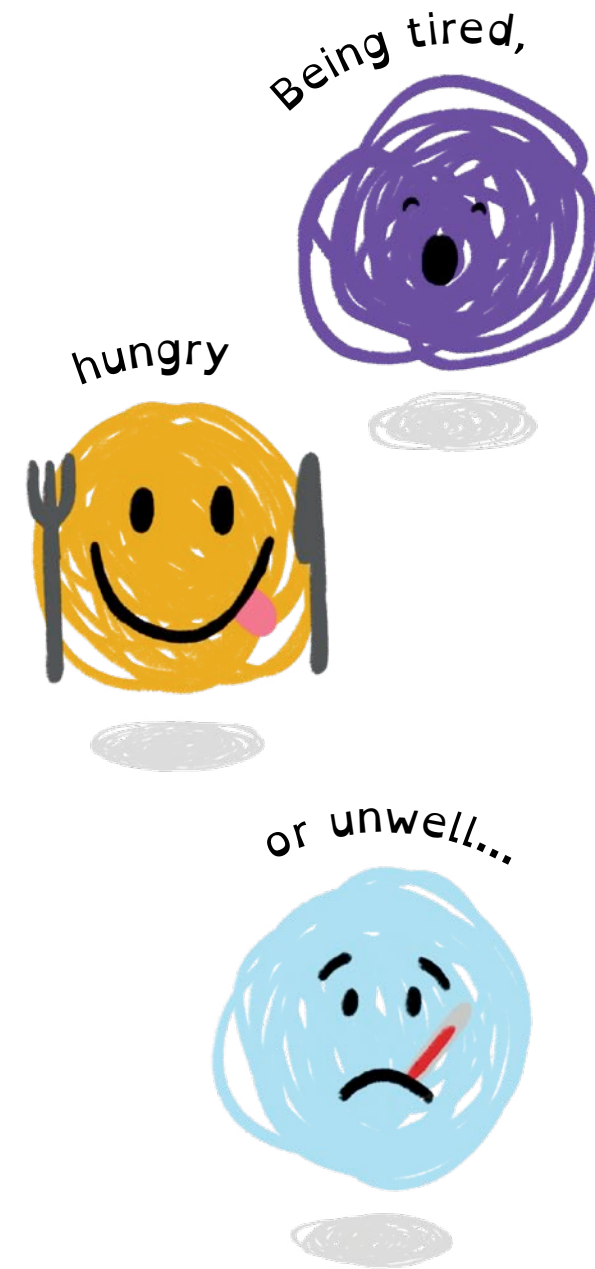
Anger can sometimes feel
like it comes out of nowhere.

Other times, it builds
slowly until it's too
hot not to flare.



Some days,
it might be
things happening
elsewhere...

...feeling to blame, disrespected
or that things are unfair.



Being angry feels
and looks different
for everyone.

It might make you want to

hit,
hide
or run.



It is important to
give our feelings,
like anger, a name.

Naming our
feelings helps them
become tame.

Feeling angry can help to
keep us safe from danger.

But it can land us in trouble,
and be a tricky game-changer.



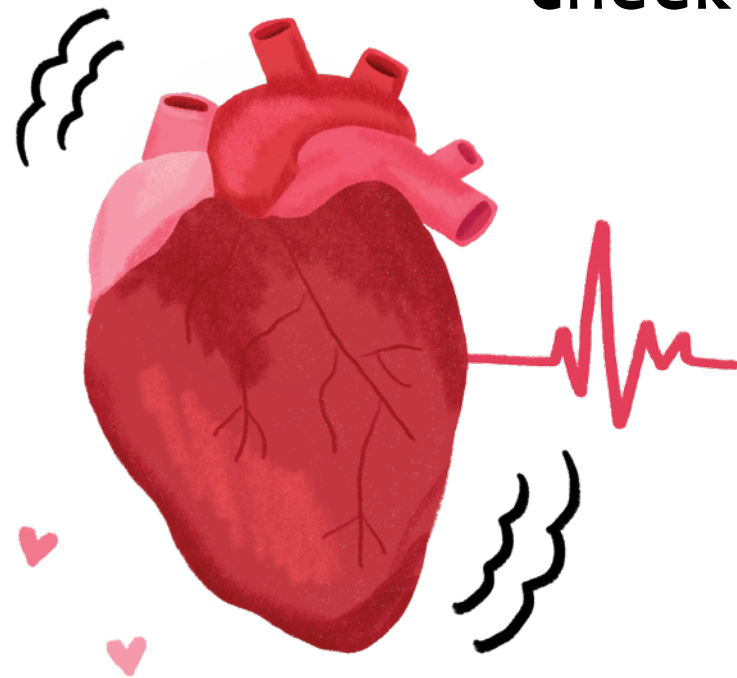
Anger likes to let us know it is there by making our bodies feel strange things everywhere.

What can you spot?
I am Spot-It Scribble.



Anger can make our

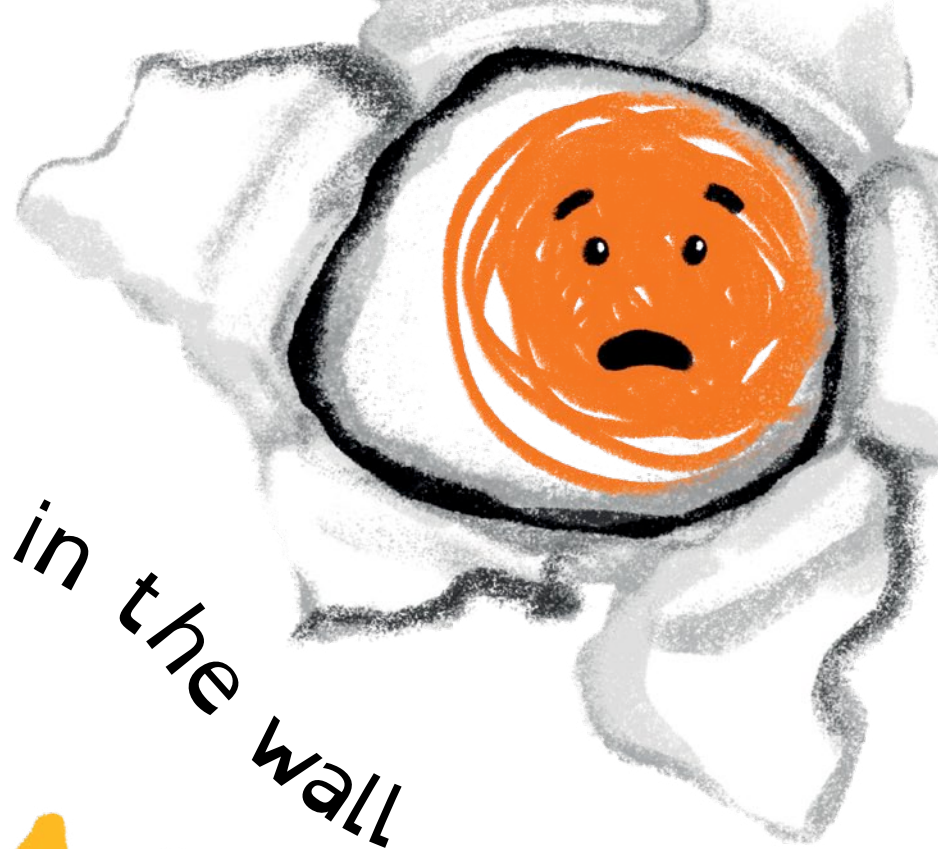
fists clench and our
cheeks turn **red**.



As our heart
beats faster,
our tummy may
begin to fill with
rage and with dread.



Anger can make us
do things we don't
really mean:



punch a hole in the wall



or let out
an angry
scream.

We may use our words to
hurt others around us,



yell,
bite,
kick,
break things,
or make a
BIG fuss!

