All About Angry Scribble

Untangling big emotions – one scribble at a time



The Scribbles Crew

Channon Gray



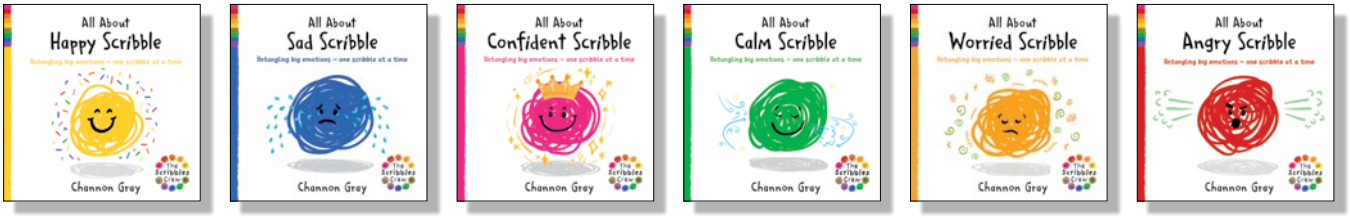
Come and join the Scribbles Crew!



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!



The Scribbles Crew

The Exciting Teacher

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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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

Written and illustrated by
Channon Gray



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Anger is **tricky.**

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



Grr! I am Angry Scribble.

Feeling angry is normal.



Although it can be pretty **uncomfortable!**



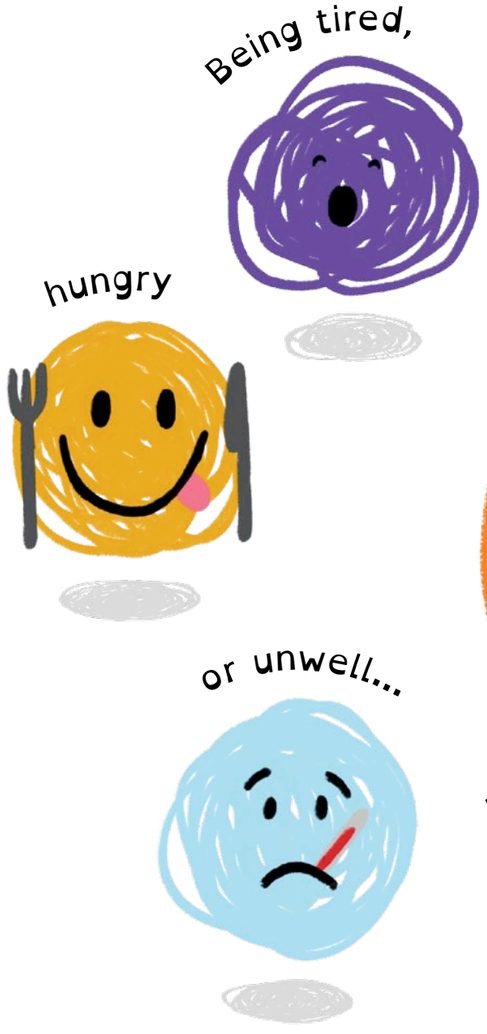
Anger can sometimes feel
like it comes out of nowhere.

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.





...can lead to feeling aflame.



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.

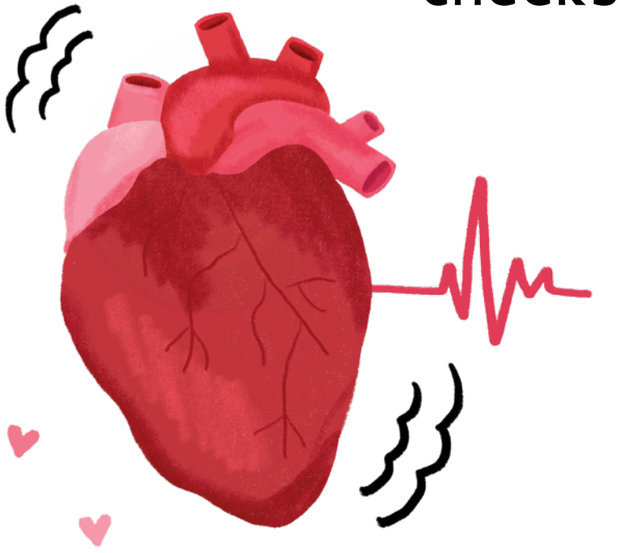
What can you spot?
I am Spot-It Scribble.



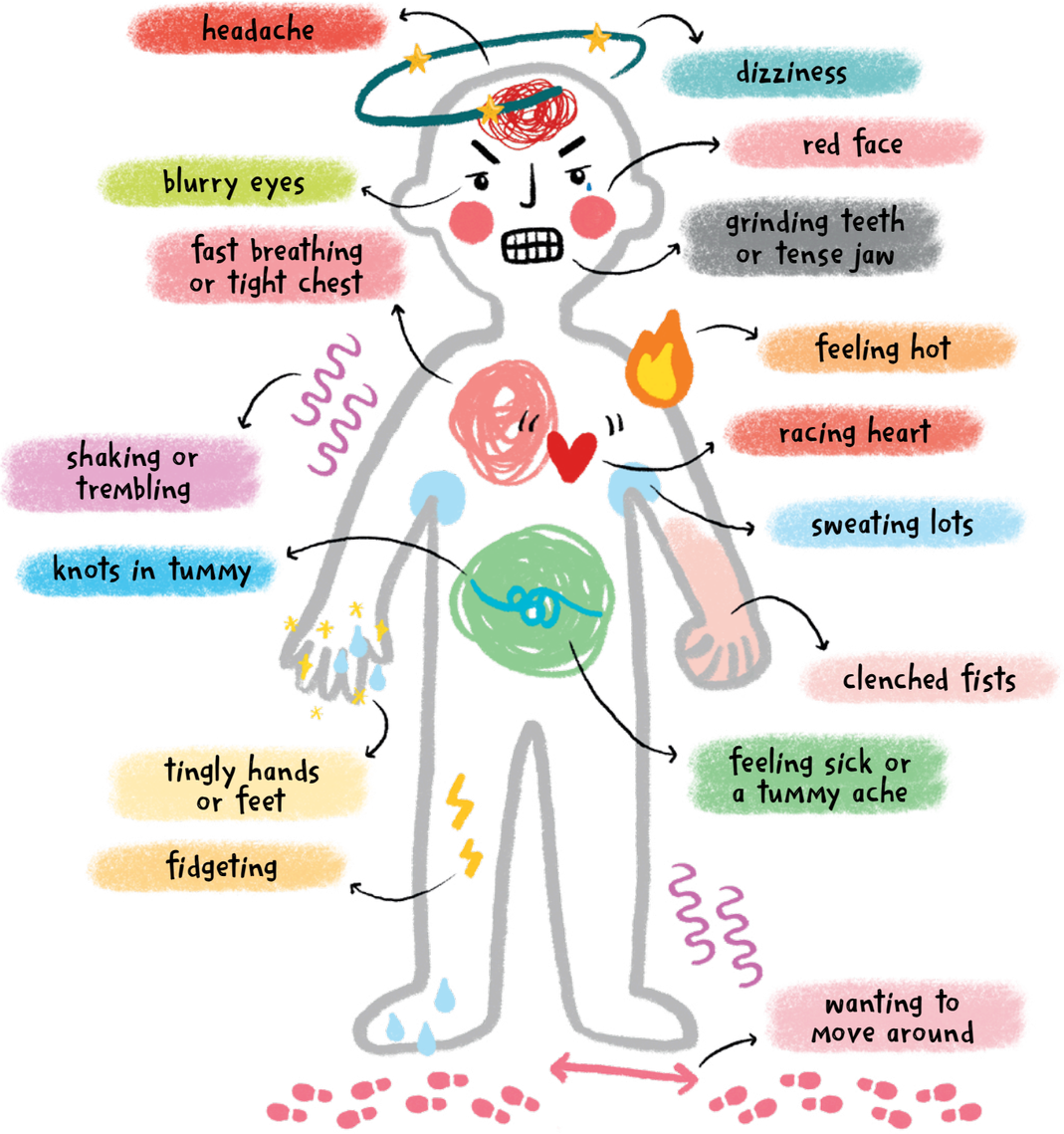
Anger can make our

fists clench and our

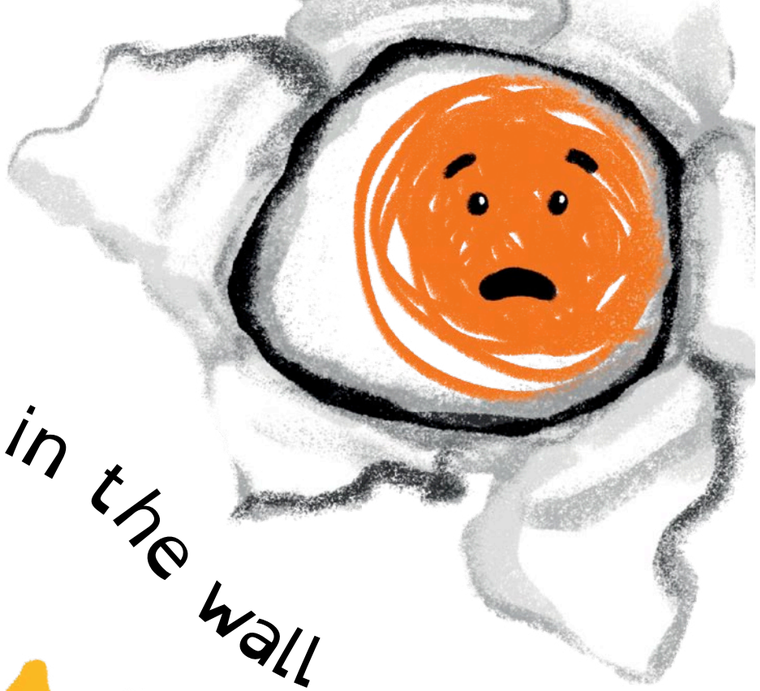
cheeks turn red.



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!





"I DON'T CARE!"