

**THINGS I CAN SAY WHEN  
I AM FRUSTRATED  
OR ANGRY**

I am frustrated.

I am so upset.

I am angry.

I think I need a break.

Can I take a body  
break?

I can't handle this.

I need your help.

Can you help me  
please?

Can I have a hug?

Can I take a break?	This is too hard. I need some help.
I am having trouble right now.	I don't like this.
I feel impatient.	I'm going to take a little break until I can calm myself down.
I am feeling frustrated.	I feel angry.
My anger is getting too big.	I'm going to take a break now.

I am having a hard  
time.

I am upset  
because \_\_\_\_\_.

I am frustrated  
because \_\_\_\_\_.

I am angry  
because \_\_\_\_\_.

I am mad  
because \_\_\_\_\_.

I am so mad!