

STEGGIE, the ANGRY STEGOSAURUS

Hey Steggie. What's up?
Have you had a bad day?

Dr Diplo... I've had
the worst day.



It wasn't meant to be bad!
The weather dino said there
would be sunshine...



but when I opened
the curtains, the
sky was dark!



See, I'd planned a day of
picnicking and playing
with my friend Stoggie.

I can't wait!



I set off to make the
perfect picnic...



It was a feast! Cake and waffles, piled high with berries and moss. I'd taken it outside and set it up last night, ready for our playdate.



But when I woke...



it was a mushy pool of rain-cake-waffles!

ROAR!!



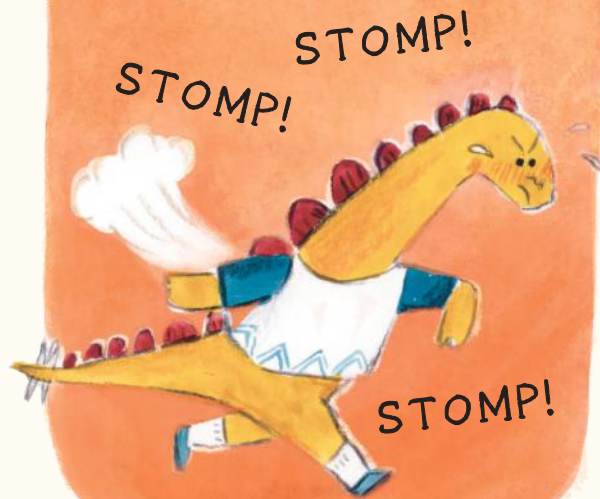
I thought I could cheer myself up by visiting my favourite bush for a snack. But the queue was as long as my neck!



Come and join us, Steggie.

NO!

I stomped all the way home.



I just wanted to crawl into bed with a snack. But when I got there...



all I found were my messy baking dishes!



URGH!



What you are feeling is an emotion called **ANGER**.

I don't like feeling like this.



I know, Steggie, but this is a very common emotion we all feel from time to time,

and you have certainly had a frustrating day.

Steggie, I would like you to think about the **WEATHER** again.

Are you sure?

The weather is what made me angry in the first place.

Take a deep breath in and out, and look up.



Imagine you are lying on the grass, looking up at the sky.

Some days are stormy,

some are sunny.



Just like the weather, this feeling will pass, too.



ANGER



We all feel anger in our bodies in different ways. It's good to listen to your body and work out how you are feeling. If you are angry, you might feel like:

squeezing your hands tight or even into fists



Your heart is beating fast



Your face is getting hot and red

You want to run away, stamp your feet or even whack something



You want to hide or curl up in a ball



Shouting or crying – or maybe both

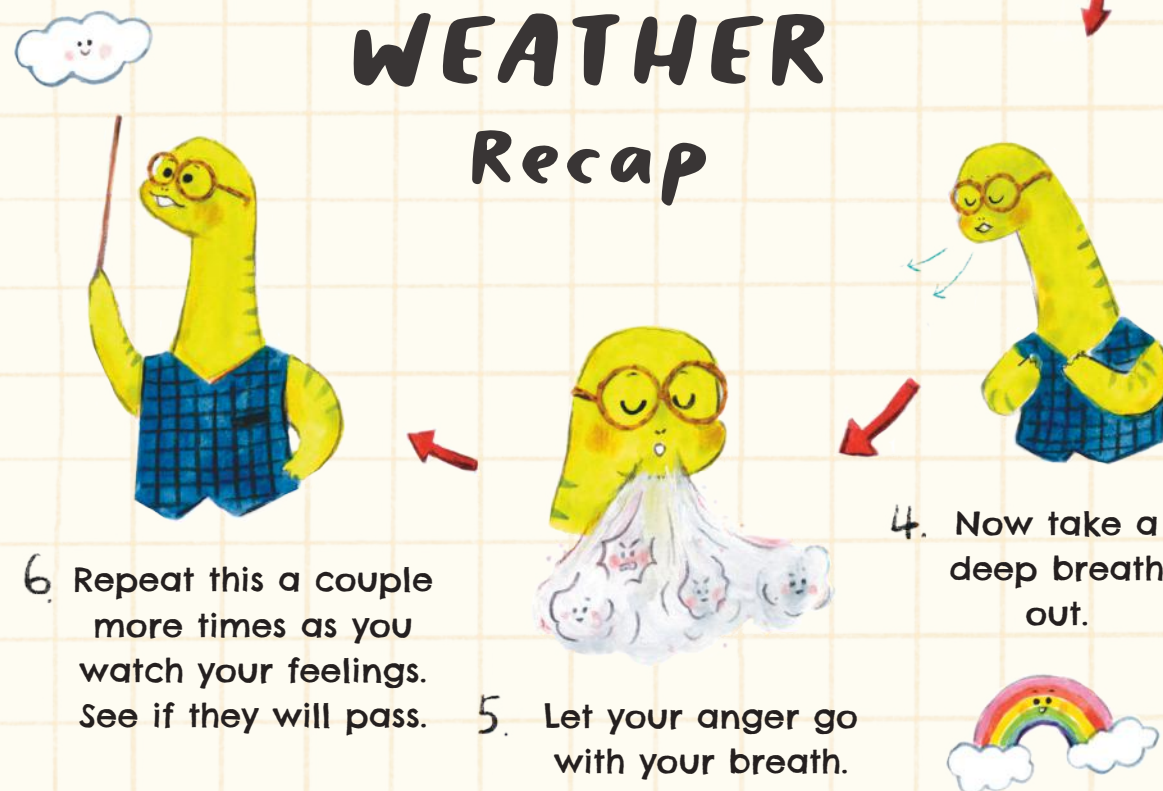


1. Take a deep breath in.

2. Remember it's OK to feel angry.

3. It will only last a little while.

Doctor Diplo's WEATHER Recap



6. Repeat this a couple more times as you watch your feelings. See if they will pass.

5. Let your anger go with your breath.

4. Now take a deep breath out.