



Rage Book

Help children handle big emotions with this class-made book!

When children experience big emotions like rage, they need support to understand and manage their feelings safely. This printable book assists children in creating and following a plan when rage gets ahold of them.

With help from a teacher, parent, or other adult, children fill out this template to understand the signs that precede rage, depict the rage itself and the aftermath, and develop a step-by-step process to follow “when the yucky feeling comes.”

This type of book is called a social story and is designed to help children learn socially acceptable ways to manage their feelings and get their needs met. You may choose to print this book as is or use it as a prototype to create your own. It is best to include photos of the child who is needing new skills.

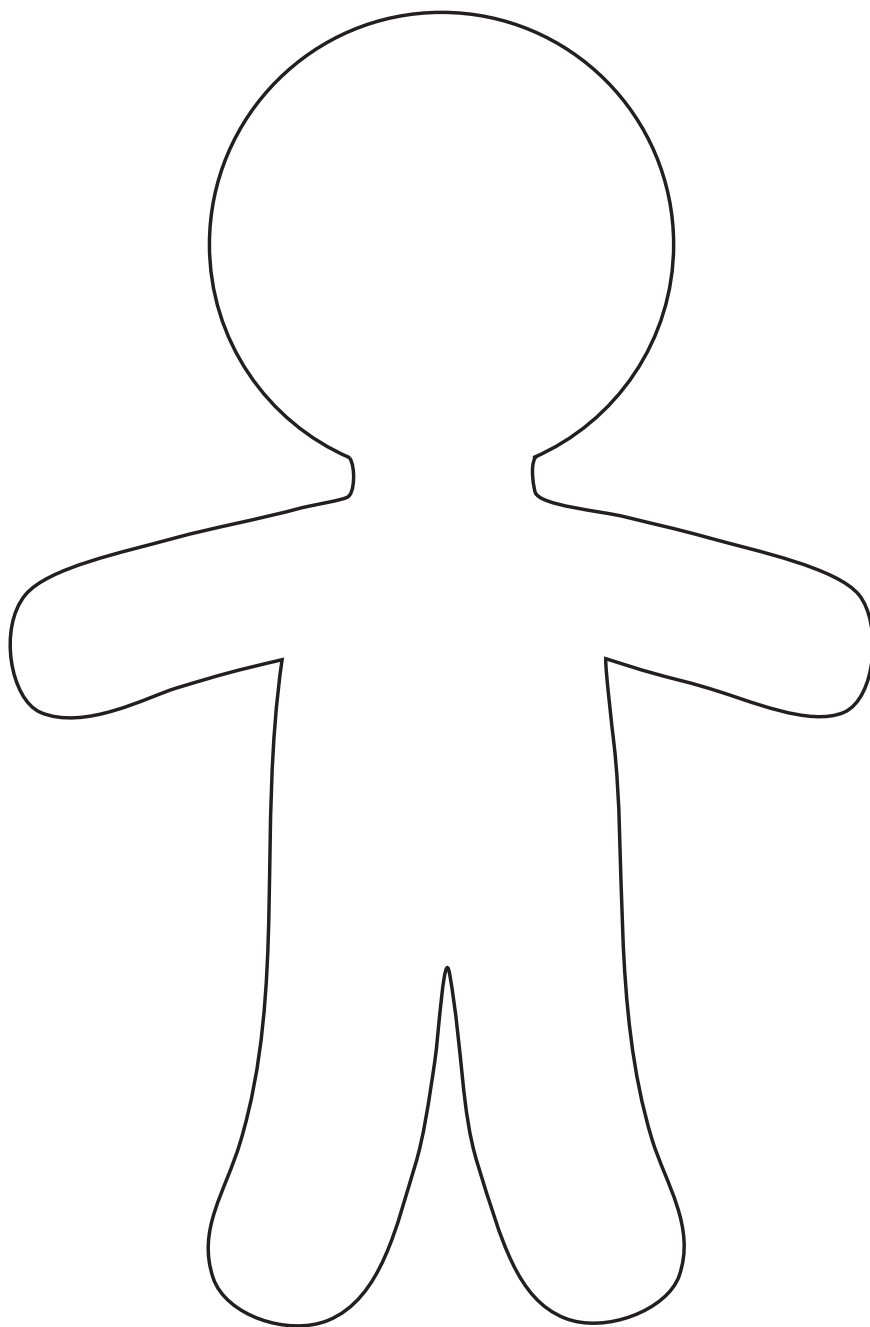
Print the pages of the book and staple at the left margin. You may wish to laminate the pages and hole-punch at the top before placing in a 3-ring binder for long-term use. Read this book daily with the child. Practice the steps included in the book during times when the child is calm.

At school, this book can travel with the child if the child moves from classroom to classroom during the day. It is also helpful to make a copy for the parents so new skills are reinforced at home.

My Yucky Feeling Book

Written and illustrated by

Sometimes a yucky feeling shows up in my body.
This is where I feel it...



Sometimes the yucky feeling gets ahold of me
and I...

*Insert photo of destruction
created during the
rage episode.*

Next time the yucky feeling comes, I will...

Insert a series of photos below that map out the exact steps to be taken.

I go with...

who is one of our Safekeepers. Our Safekeepers help keep me and our School Family Safe.



Insert photo of Safekeepers

I will then rest as long as my body needs in my Safe Place and then return to work knowing that my School Family is Wishing Me Well.



Insert photo of Safe Place



Transformational Social-Emotional Learning

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