

When I feel angry

Learn together, one small step.



Look closely

Your carefully built block bridge falls down. What might you feel in your body?



Story 1 / 3



Xiaohe had just finished a tall block bridge. Ayuan turned and caught it with a sleeve. Crash! Xiaohe's face felt hot and her fists tightened. 'You always do that!' she shouted.

Pause and ask: You can talk about Xiaohe instead of your own experiences.

Story 2 / 3



She put down the block in her hand and stepped back. She did not force herself to feel happy. She breathed comfortably and waited until she could speak.

Pause and ask: Find one safe pause in the story and gently act it out.

Story 3 / 3



'I'm angry because that took a long time. I need a moment. Then could you help me rebuild?' Ayuan apologized. The bridge was still broken, but they had found a way to talk.

Pause and ask: Try saying "I need..." without rushing anyone to make up.

A Buddhist idea

We can notice anger. We can take time before acting.



Talk together

Did Xiaohe's anger have to vanish as soon as she paused?

Who could help if someone kept bullying her?



Try an activity

Try saying: 'I feel...
because... I would like...'



For grown-ups

Read aloud, discuss and try a small activity.

Stories and exercises: BlessFu

Illustrations: AI-assisted

Full references and guidance are in the companion booklet.

