

Sometimes We Get Angry



I love dance. There are lots of types of dance. My favourite types of dance are ballet, tap dancing, and hip hop.

I love to practice dancing. It's great to feel my body moving with the music.



Sometimes something might happen at dance class and I can feel angry. I might get angry during class when I have to wait for my turn, or someone accidentally bumps into me.



Everyone feels angry sometimes. I can make good choices when I get angry. I can find a quiet spot to calm down. I can do some slow breathing. I can ask the teacher, teacher helper, or my class buddy for help.



When I get angry I can make good choices. Then I am ready for fun at the dance class.



**For more stories and information on making dance accessible for everyone
please visit : www.allplaydance.org.au**



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