

Lesson 20

Stay Calm Do
Not Get Angry



When we are angry we
sometimes throw things
around, we shout and
scream.



Angry makes you feel very
bad too.



Jainism teaches us not to
be angry.



If you stay calm, you will
feel very happy.



Rhyme: Never get angry



I was angry, my heart was
pounding.



My heart was hurting.



I was feeling so bad, Yes I
was so sad.



My mother smiled and said,

"Close your eyes,
and count till ten"



I slowly felt my anger go
then.



My heart was happy,



My head was happy, I was
happy.



Everyone around me was
happy.



My mother said,

"Never get angry"

"It takes your
happiness away."

