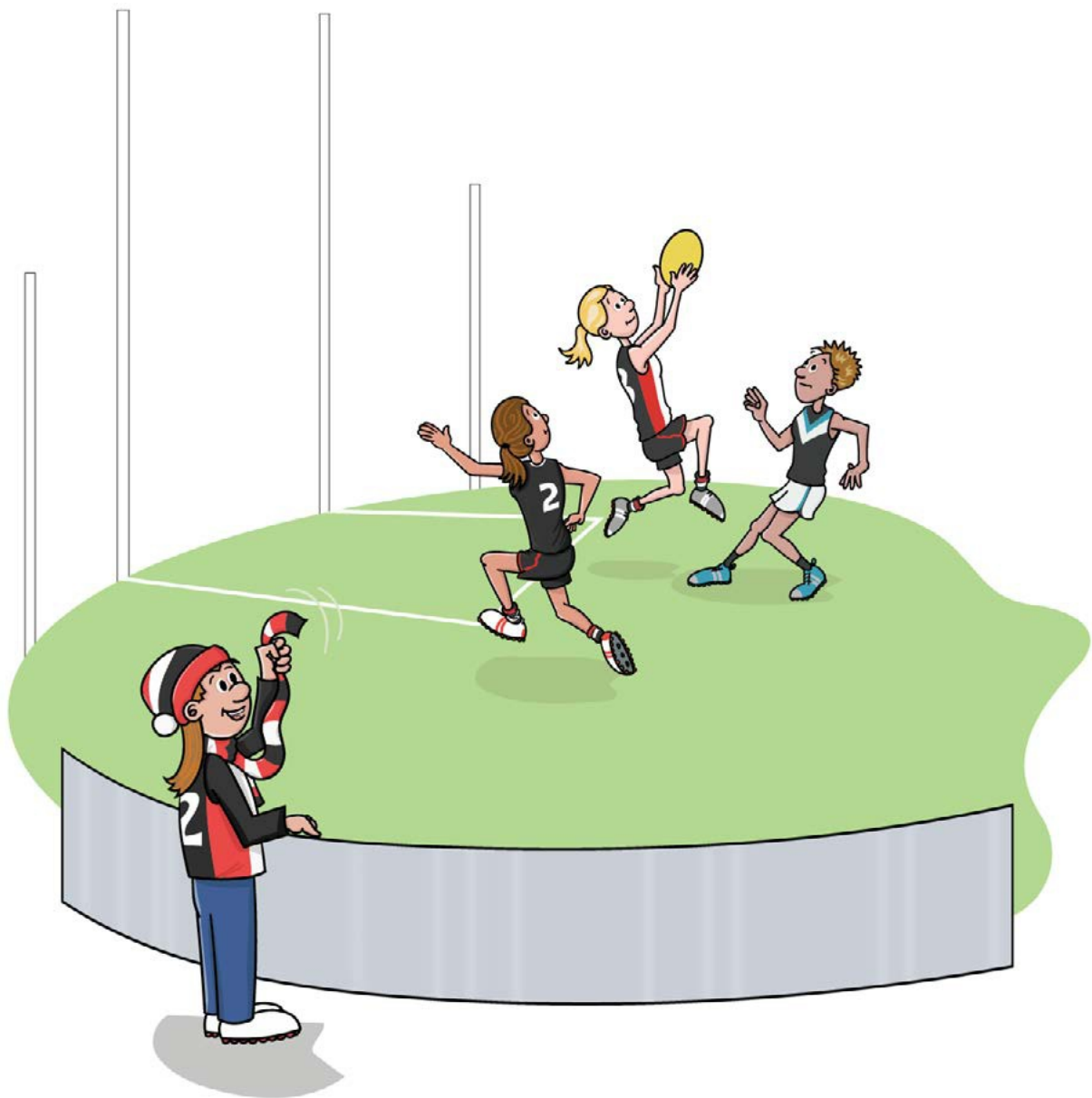


# Sometimes we get angry



**Reader note:** while these stories have been developed to support all young people's participation in footy, we recommend that you speak with your child about the concepts and examples in a way that is relevant to your child.

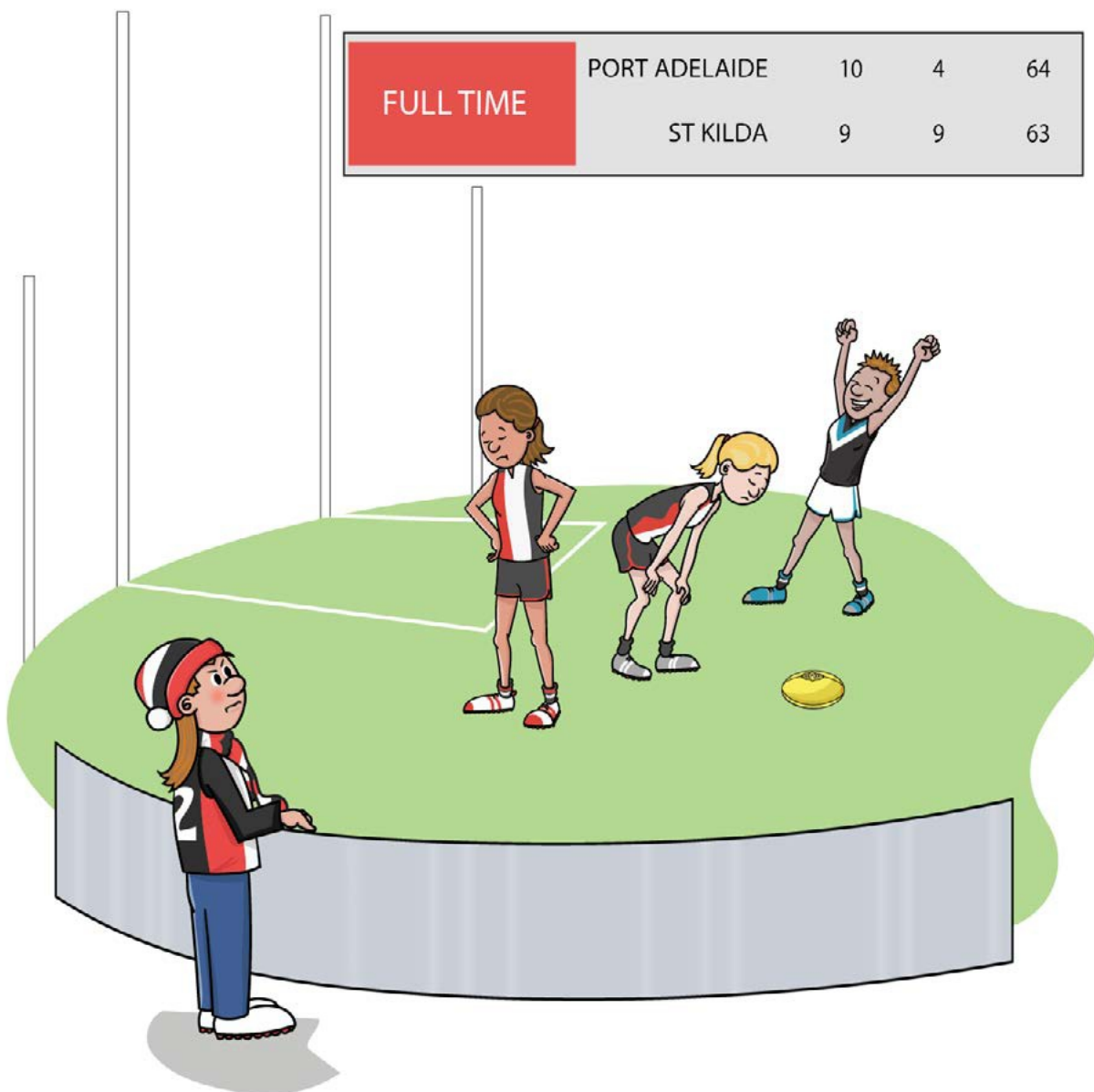
I like Australian football. It can be fun to watch my favourite team play.



Going to NAB AFL Auskick can be fun!  
I enjoy playing footy.



Sometimes, something might happen that makes me feel angry. My favourite team might lose a footy match.



At Auskick, I might feel angry when I have to wait for my turn, or someone accidentally pushes me. I might feel angry if the umpire gives the other team a free kick because I accidentally bump another player.



Everyone feels angry sometimes. There are things I can do when I feel angry at Auskick.

I can have a break in a quiet space with my coach, a helper, or my family. I can do some slow breathing. I can move my body in ways that help me feel calm.





There are things that can help when I feel angry  
at Auskick. I can have fun at footy!





*AllPlay Footy is a joint initiative by Monash University and the AFL. AllPlay Footy was founded at Deakin University in 2015 and has been part of Monash Education since 2021. The AllPlay Footy content and resources presented here have been developed with people with lived experience of disability, consultants from National Sporting Organisations for People with Disability, psychologists and researchers, and are brought to you with funding from a Department of Social Services Information, Linkages and Capacity Building: Social and Community Participation Stream (2020-2021) grant. We aim to use language that is respectful to everyone.*

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