

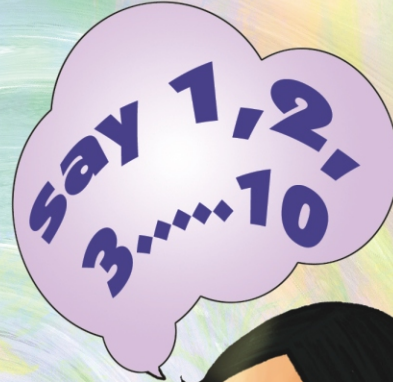
Anger makes us do terrible things. When we are angry we sometimes throw things around, we shout and scream. Anger makes us feel very bad too.



Jainism teaches us that getting angry is wrong. You must stay calm and not lose your temper. You will find that you are a happier person.

Never get angry

I was angry,
My heart was pounding.
My head 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 happy
feelings away."