

# ANGER & HOW TO CONTROL IT

Can you help Zain? He's been feeling angry recently & is wondering how to control his temper?



Can you colour in the dua below?

عُوذُ بِاللّٰهِ مِنَ الشَّيْطٰنِ الرَّجِيْمِ

I SEEK PROTECTION IN ALLAH  
FROM SHAYTAN, THE ACCURSED

ONE