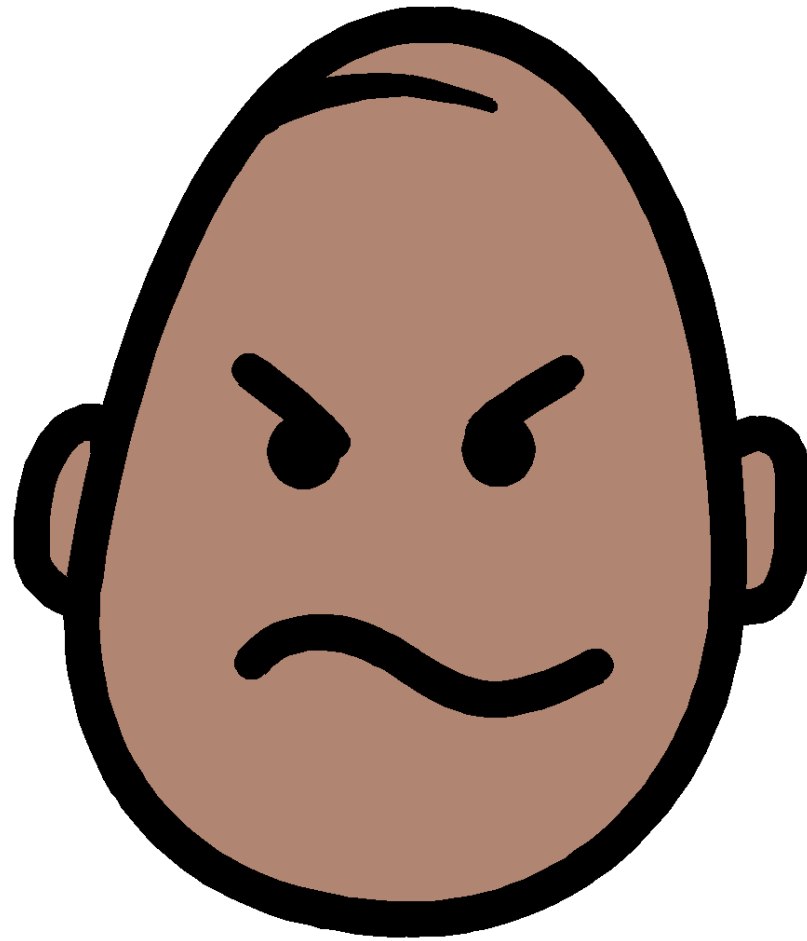
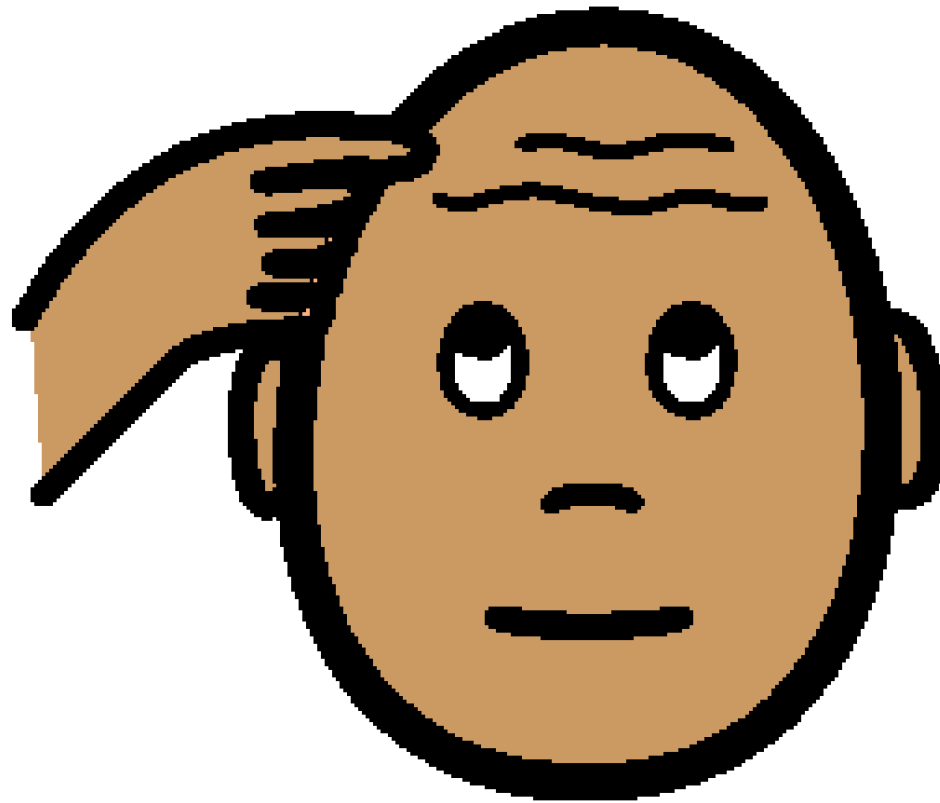


# When I Feel Angry



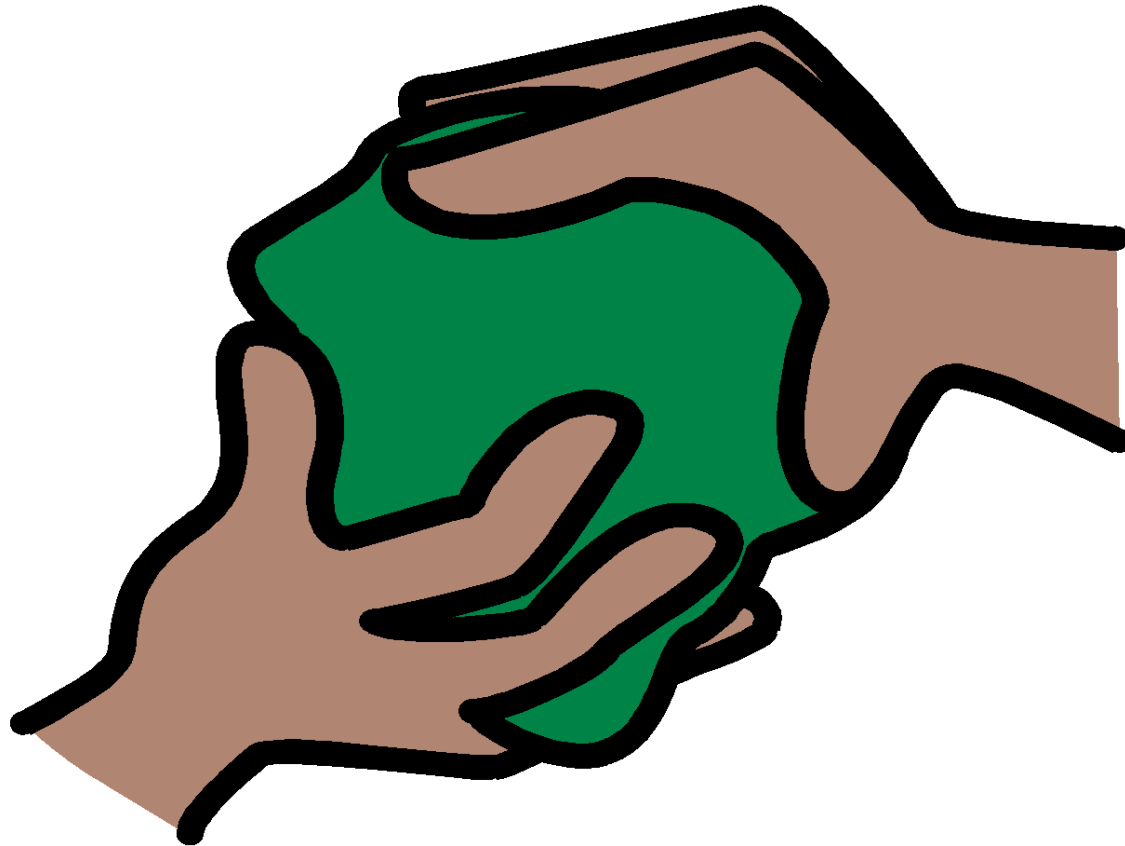
1. I can think of safe ways to make my angry feelings go away.



2. I can take a deep breath.



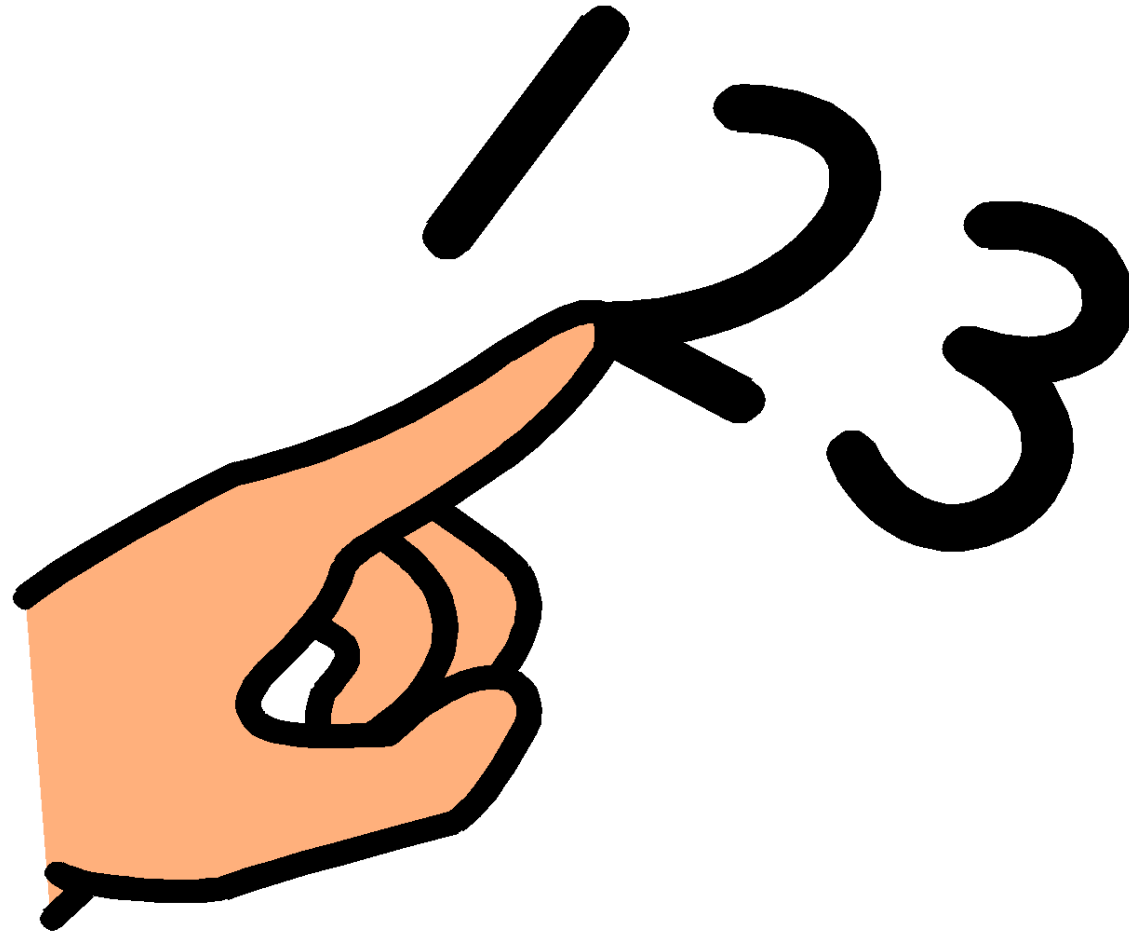
3. I can squeeze something soft like a ball or pillow.



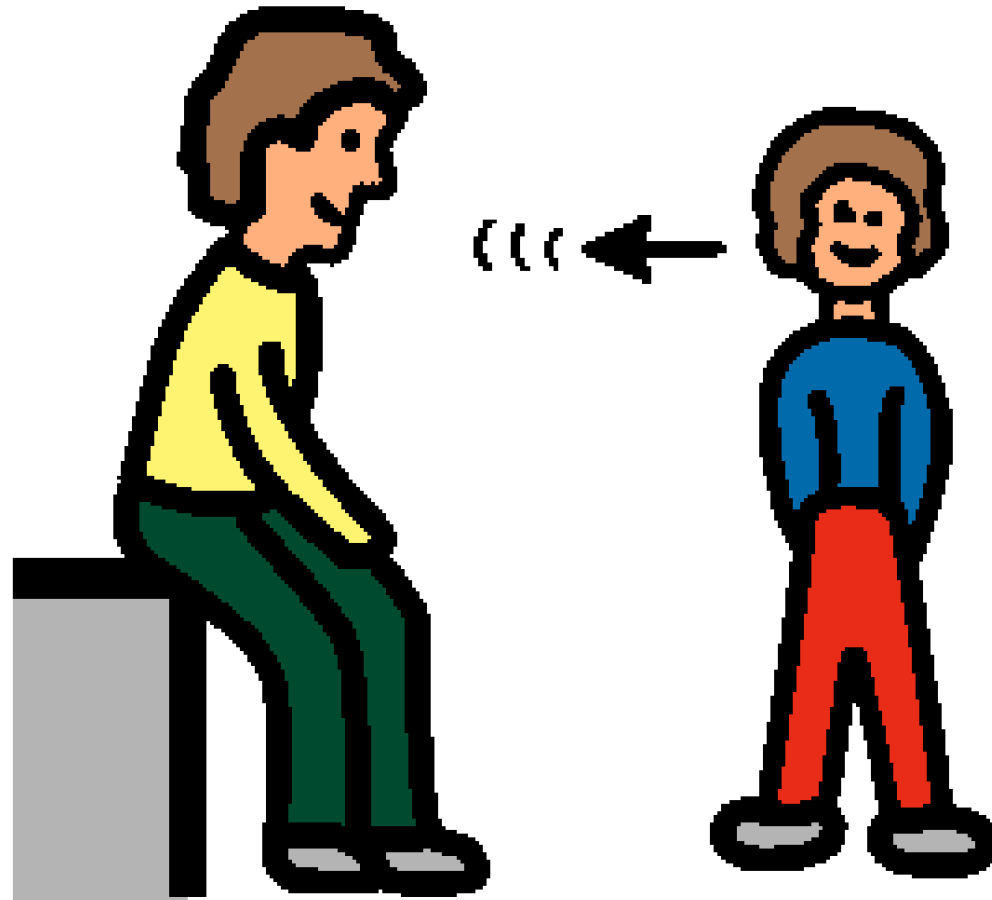
4. I can stomp my feet.



5. I can count to 10.



6. I can tell someone that I feel angry.



7. I can remember to not hurt others, not hurt myself, and don't break things.

