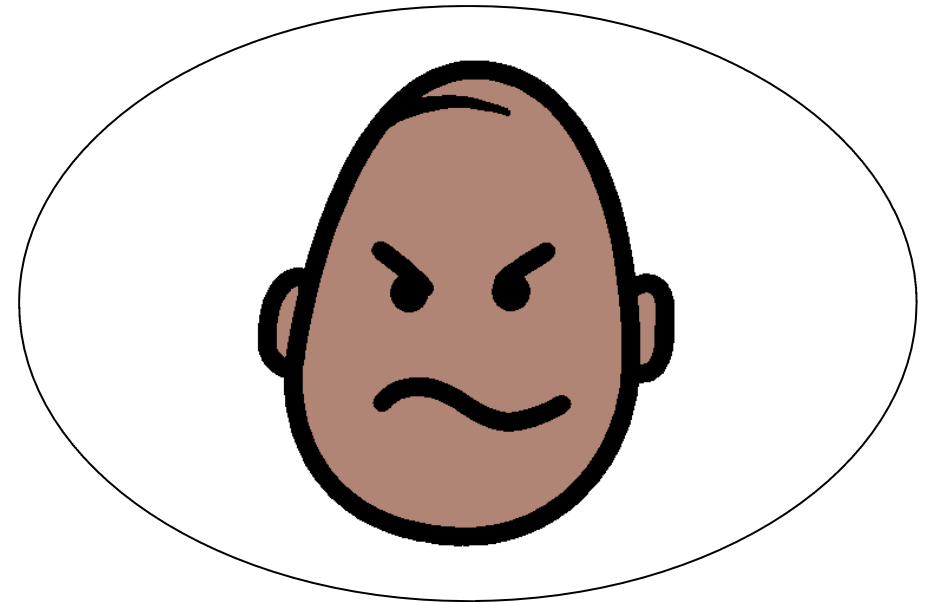
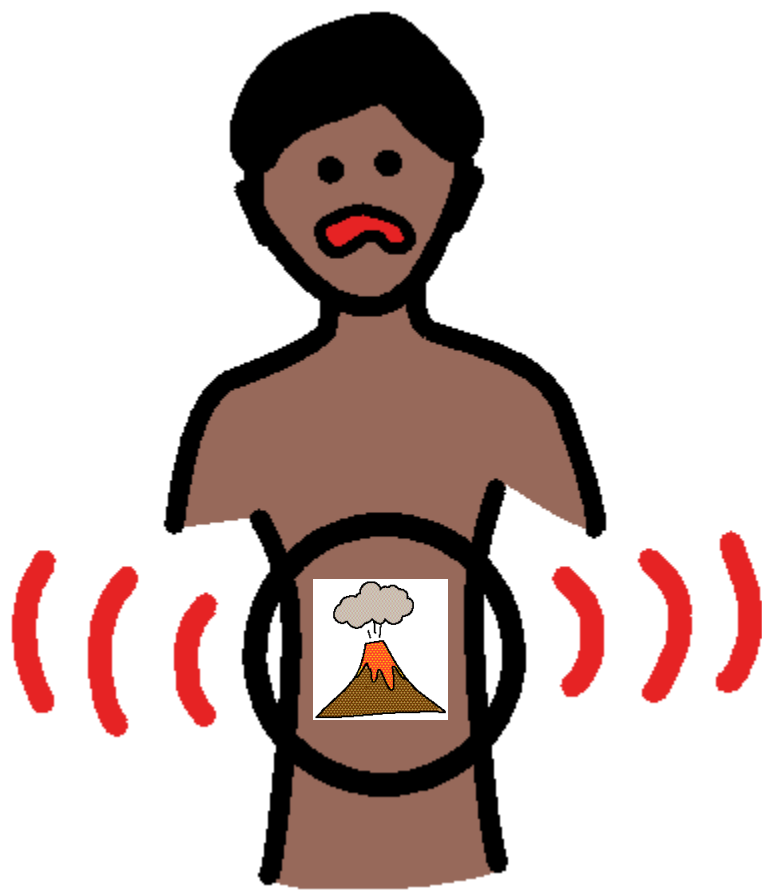


When I Feel Angry



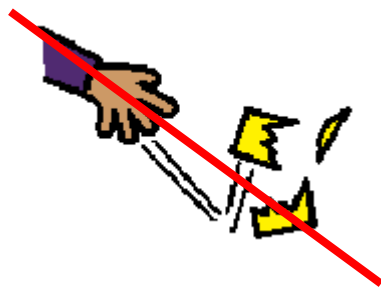
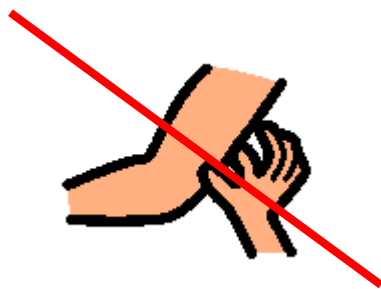
Sometimes I feel angry. It feels like I have a volcano in my stomach.



It's okay to feel angry. Everyone feels angry sometimes.



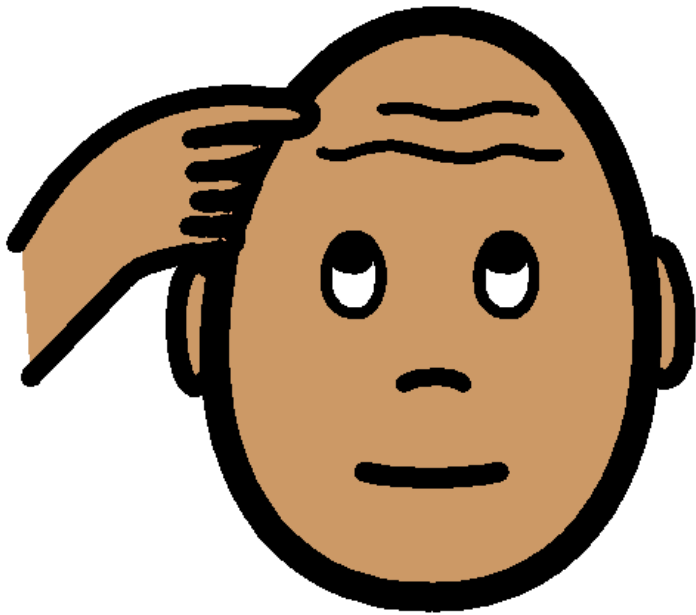
I can remember to not hurt others,
not hurt myself, and
don't break things.



Sometimes, my face gets red, my
hands curl up, and my mouth wants
to scream.



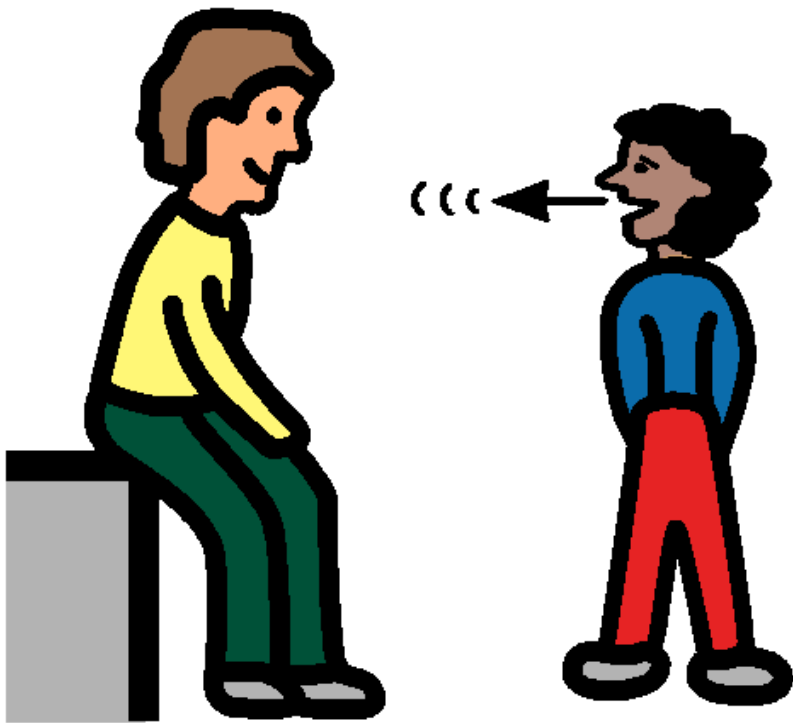
I need to think of safe ways to
make my angry feelings go away.



I can count to 10.



I can tell someone that I feel angry.



I can take a deep breath.



I can squeeze something soft like a ball or pillow.



I can stomp my feet.

