



## The Anger Monster.

by Cathy Kerr and Jenny Anzin:Community Living Toronto. 2011



My anger monster has a big mad face



Fiery orange eyes....



Red, red cheeks



A long flaring nose



A screaming mouth

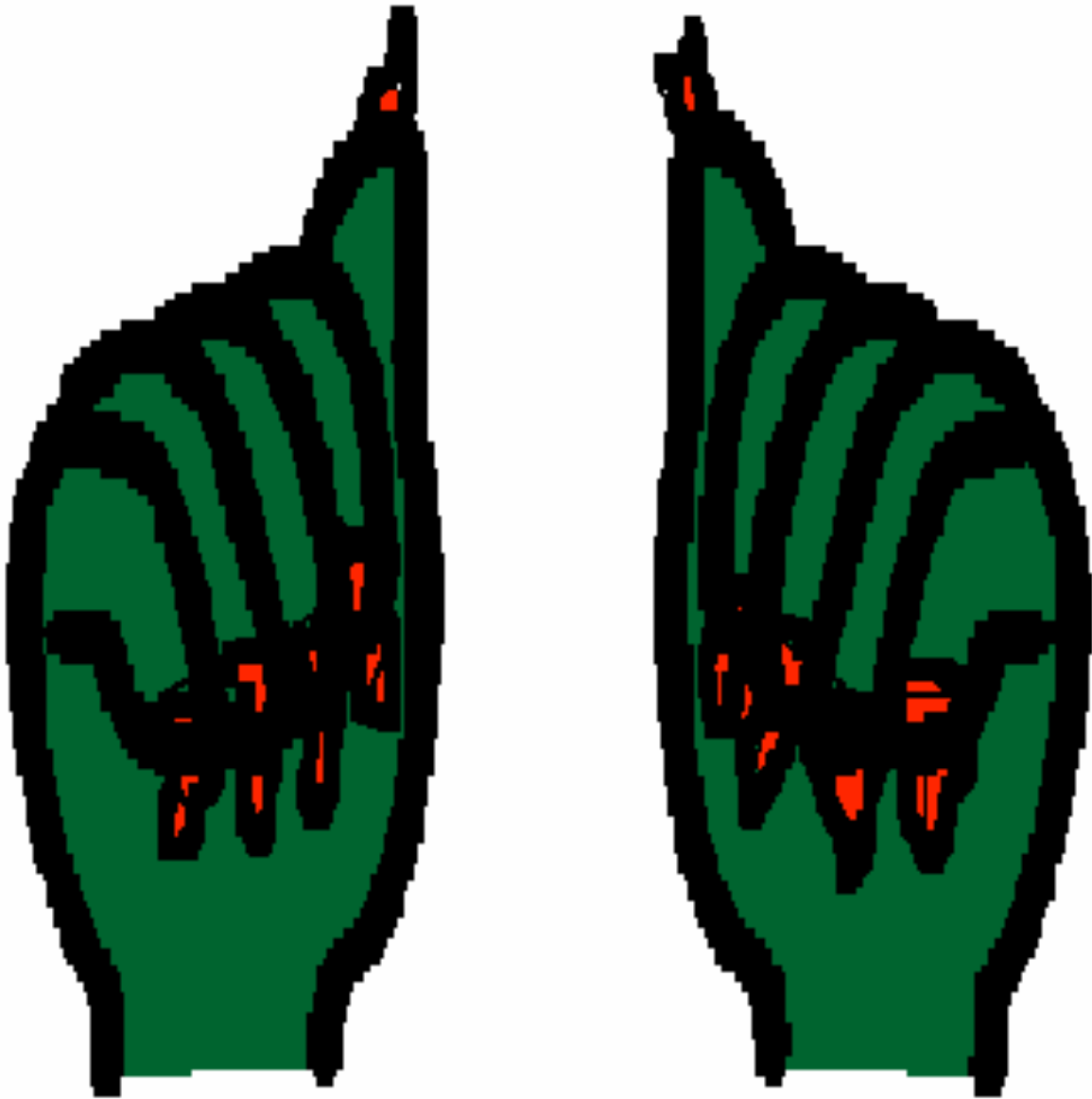


Sharp white teeth



A pounding heart





Tough clenched fists

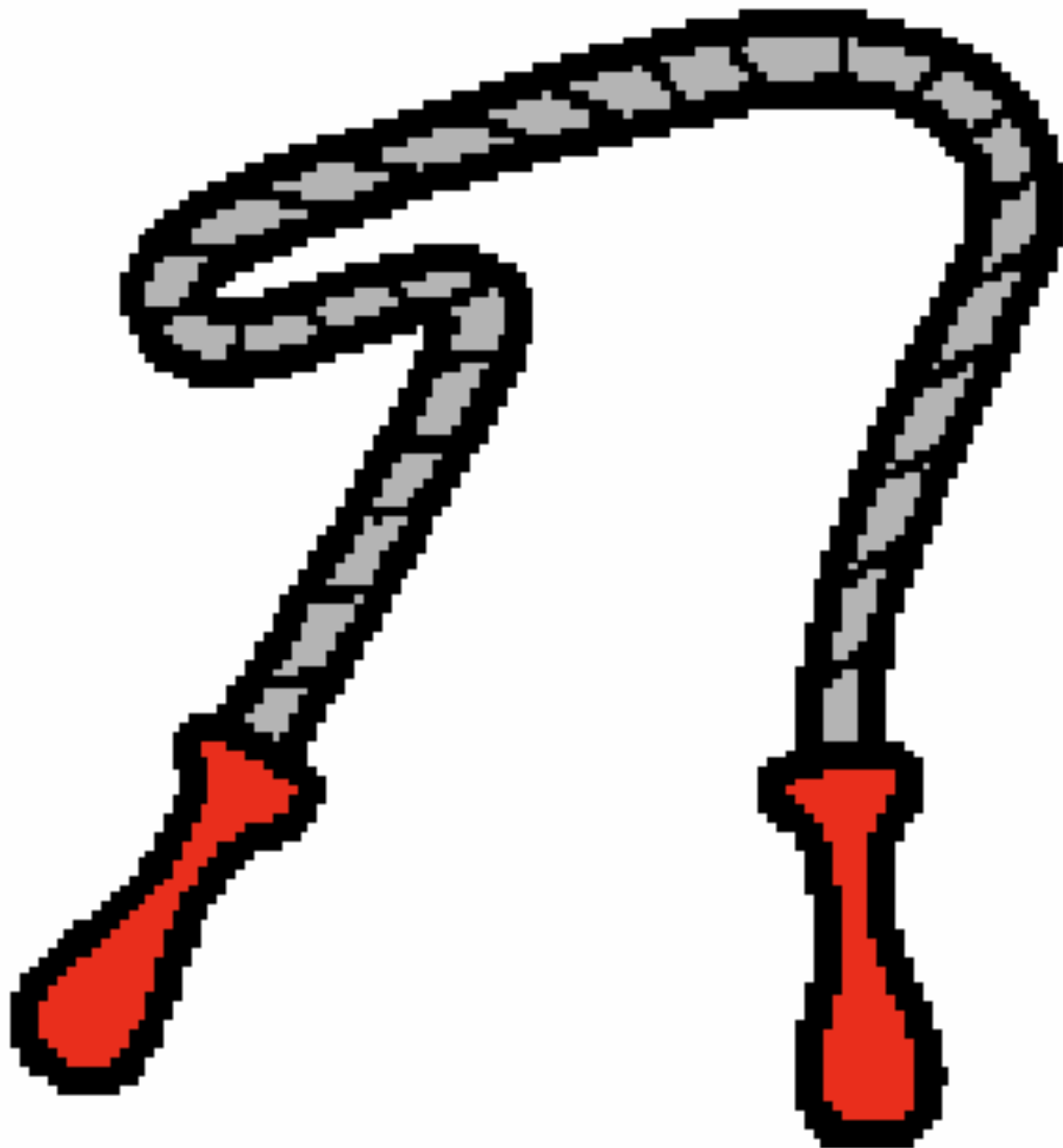


And stomping feet.





But you can't control me anger monster



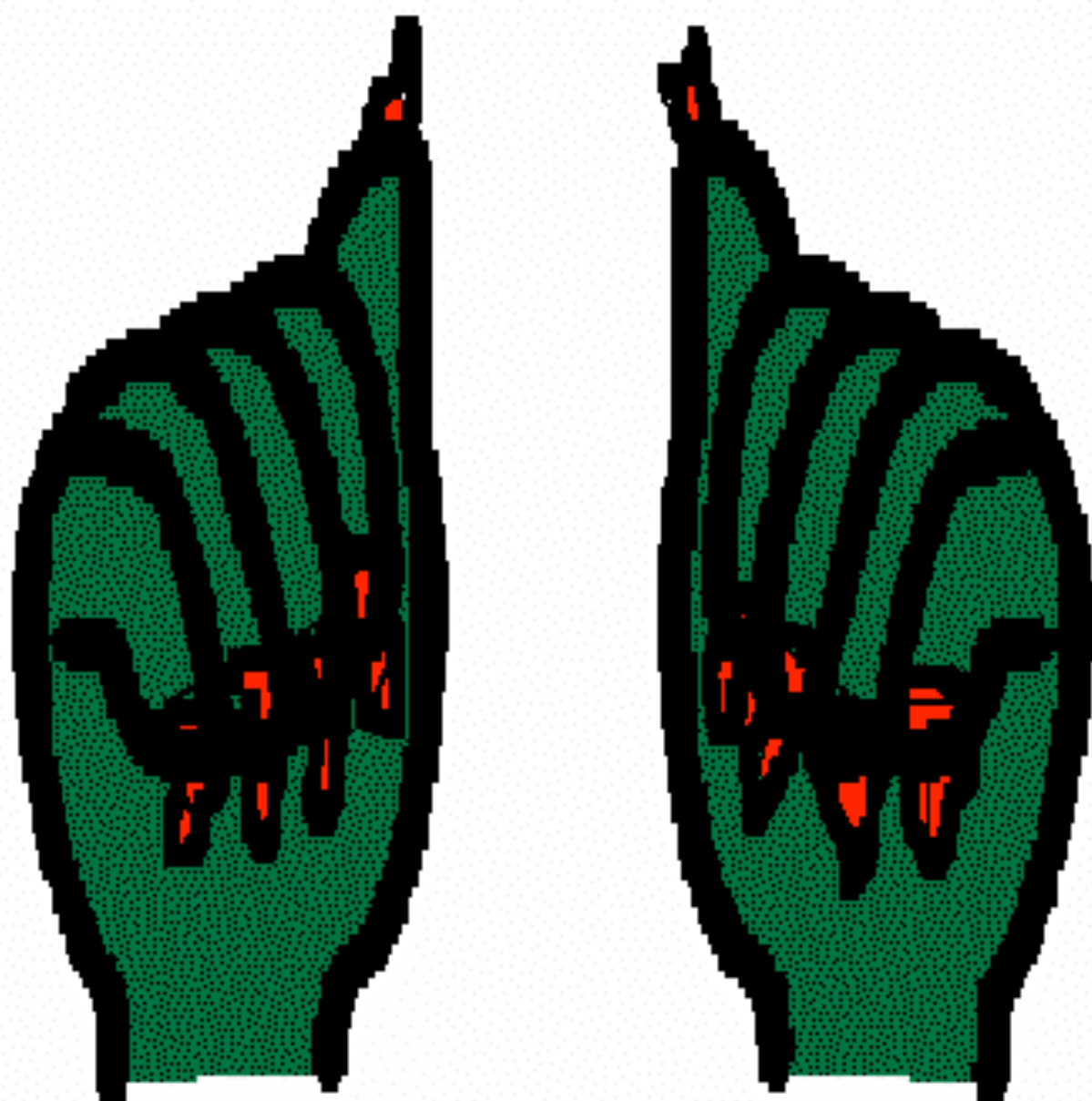
I skip rope...



Go away stomping feet...



I squeeze playdough



Go away tough clenched fists...

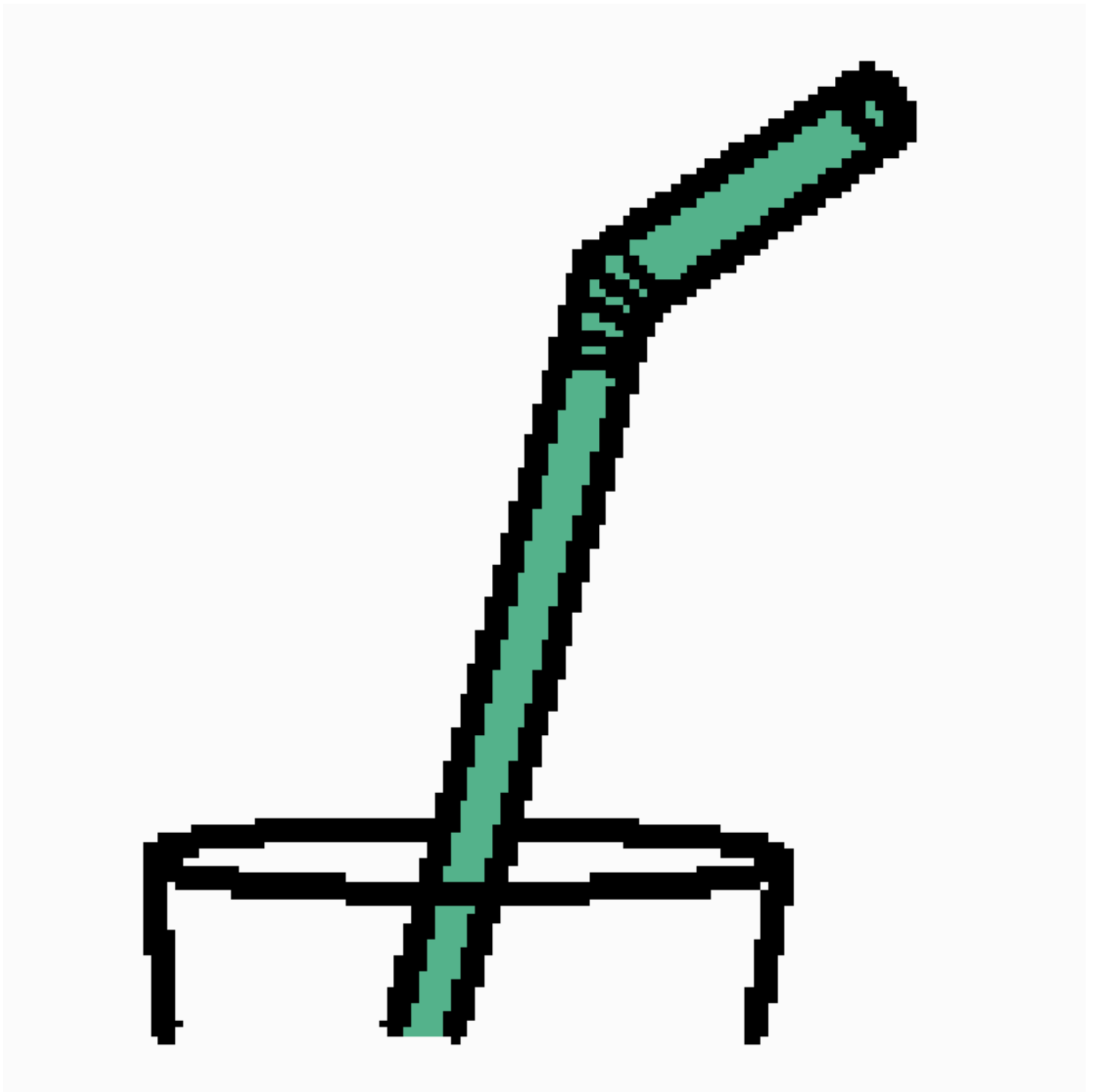




I do my balloon breath yoga...



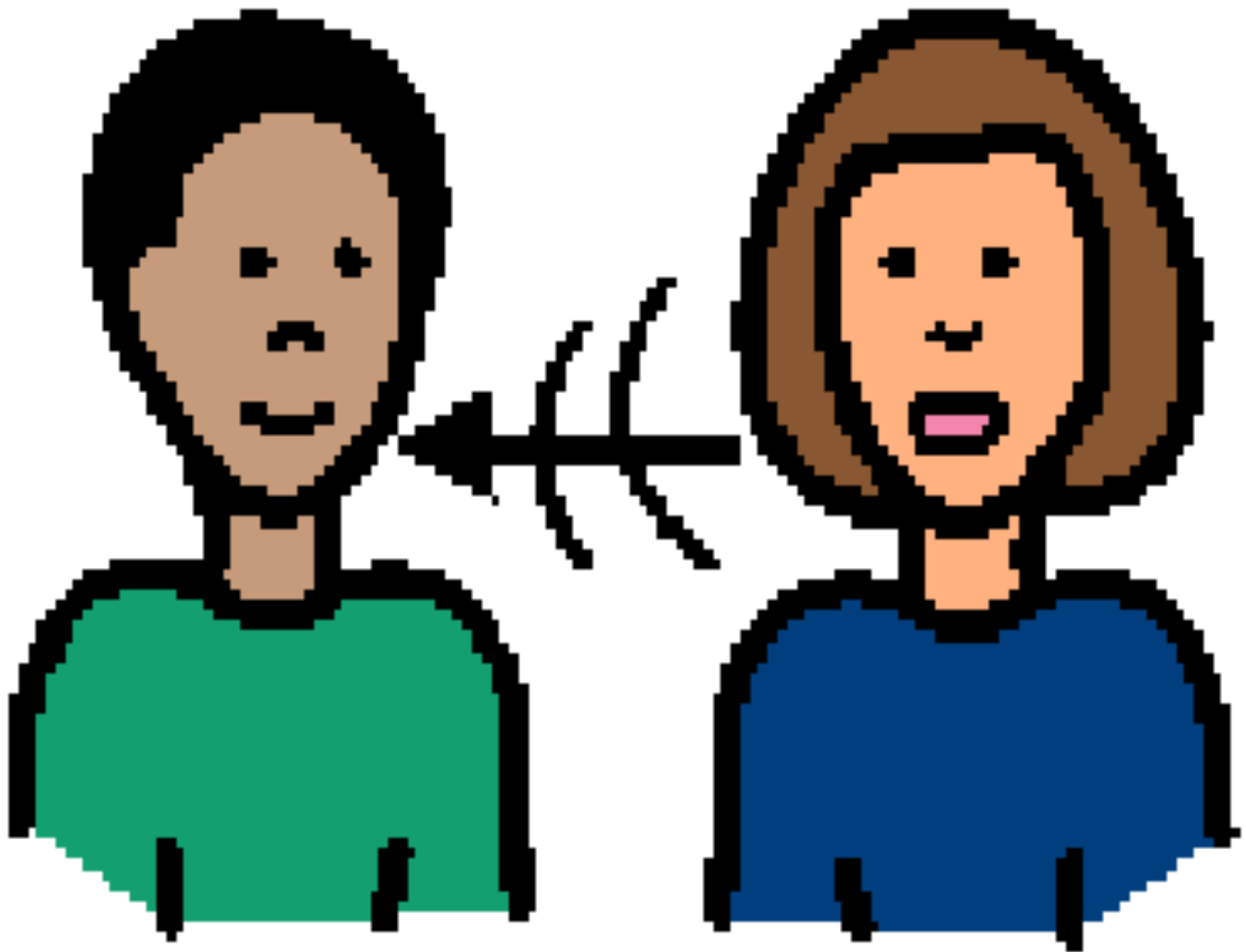
Go away pounding heart...



I take a drink of water...



Go away sharp white teeth...

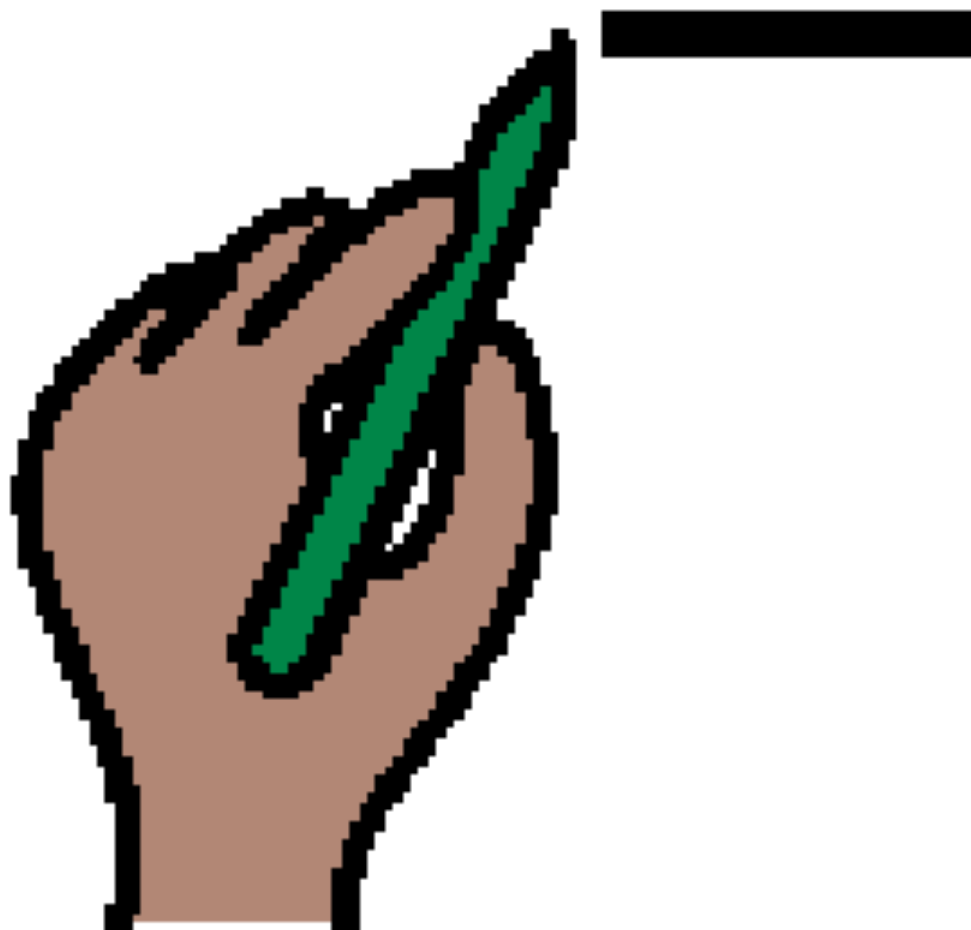


I talk to someone...



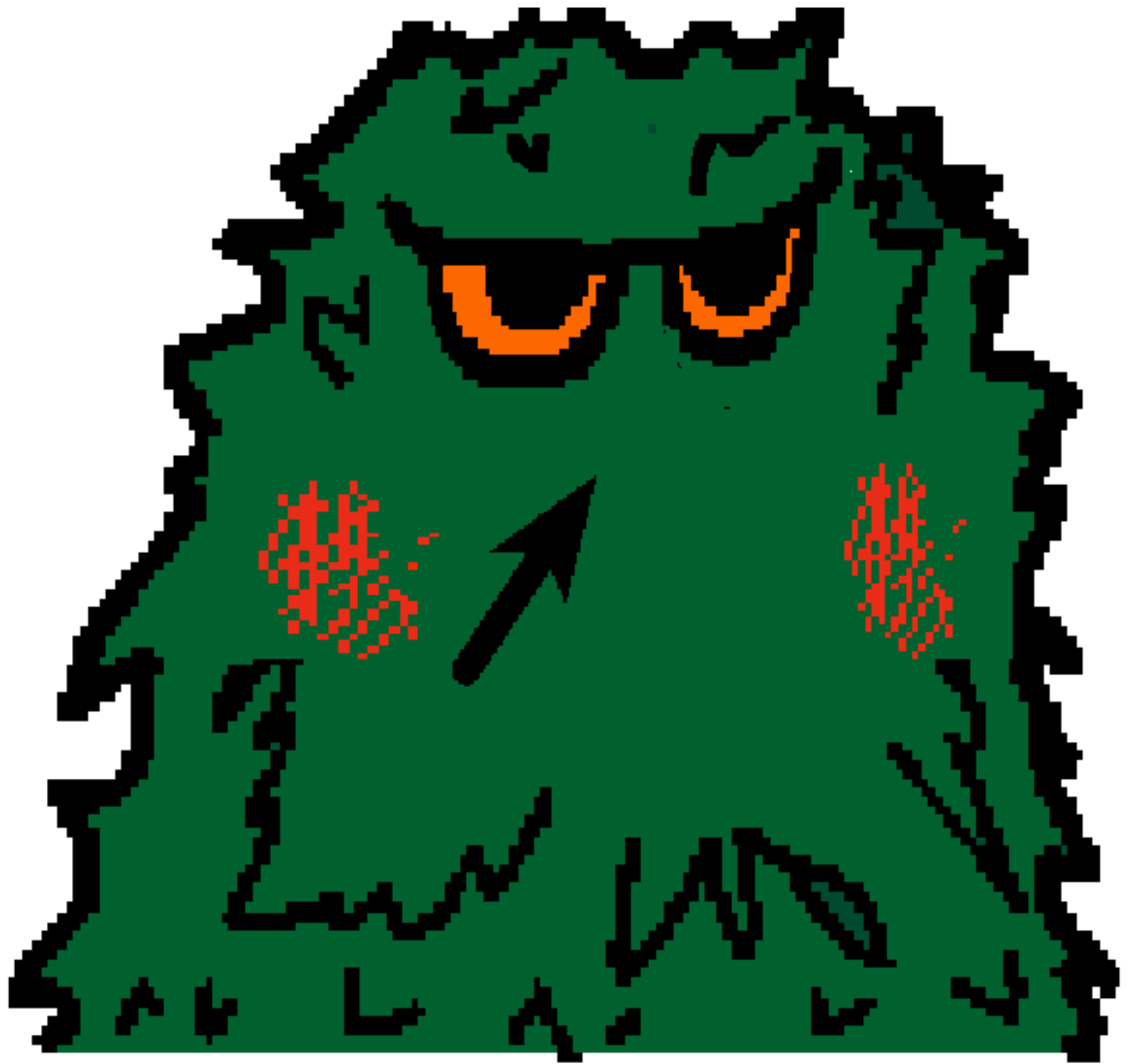
Go away screaming mouth...





I draw a picture...





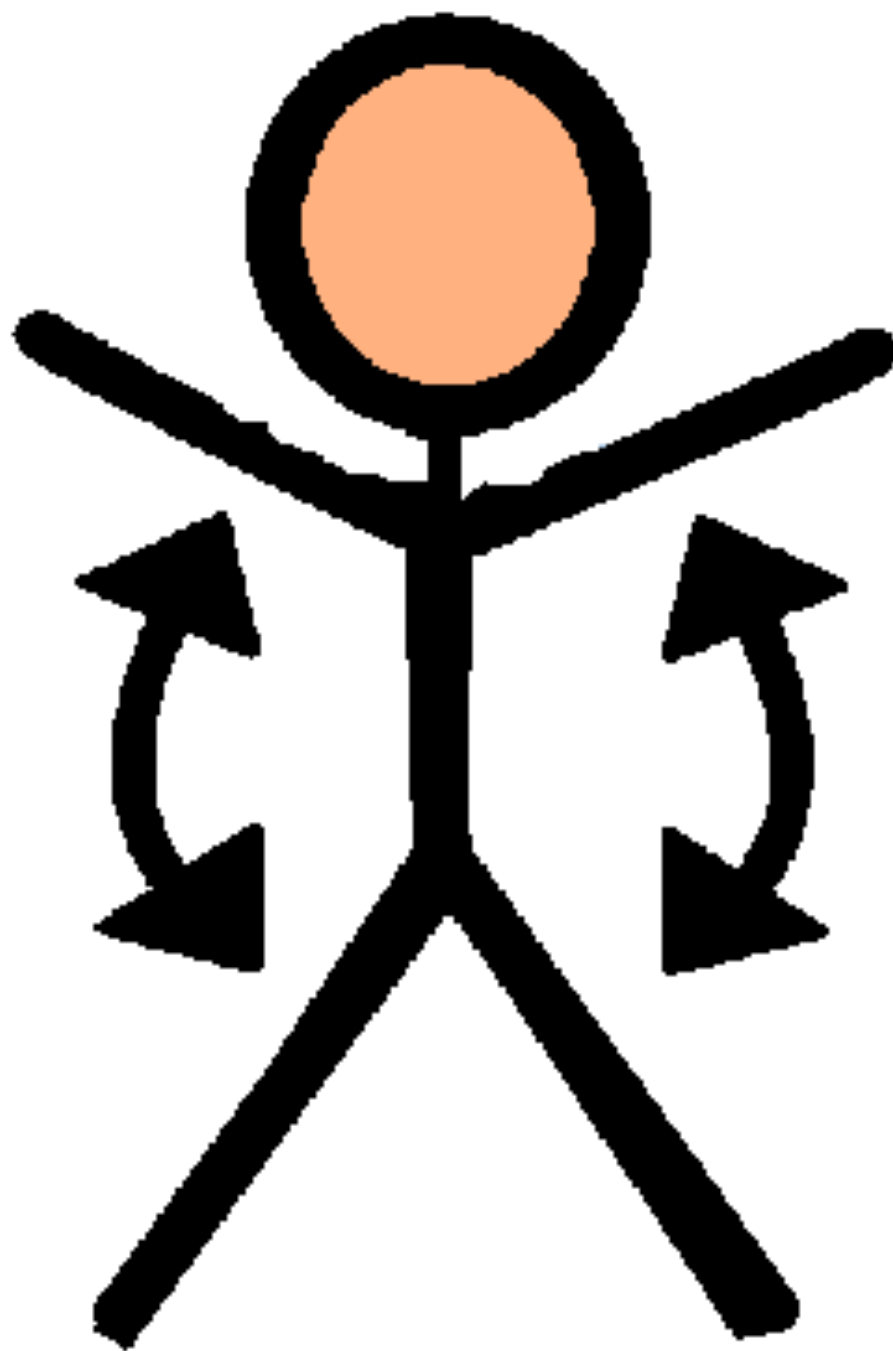
Go away long flaring nose...



I think about a peaceful place...



Go away red, red cheeks...



I do jumping jacks...





Go away fiery orange eyes...



Now my anger monster is all gone.