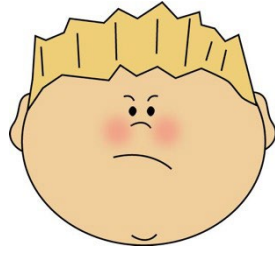


When I'm Feeling...



ANGRY

This is me when I'm feeling angry:

Use three words to describe how your face or face or face or face or body looks.

- _____
- _____
- _____

When I feel angry, I might also feel:

- _____
- _____
- _____

All emotions are okay,
but not all behaviors
are okay.



When I start to feel angry, I can do these things to help me calm down:

- _____
- _____
- _____