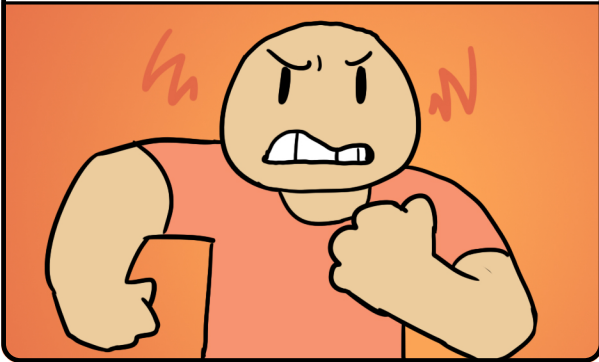


When I Feel Angry

Sometimes things happen at school that make me angry.

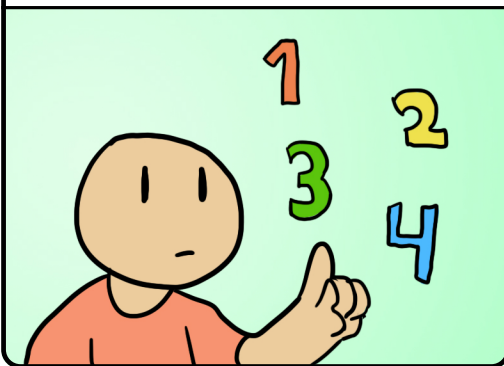


When I feel angry, it is important to stop and calm down.



Here are some things I can do to calm down.

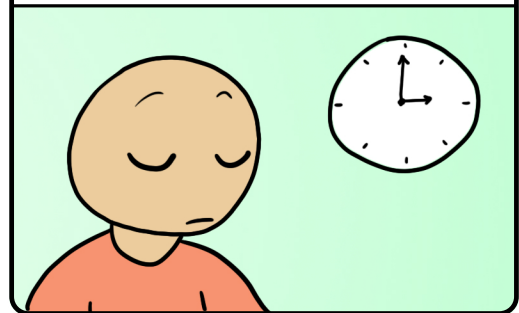
I can count to ten.



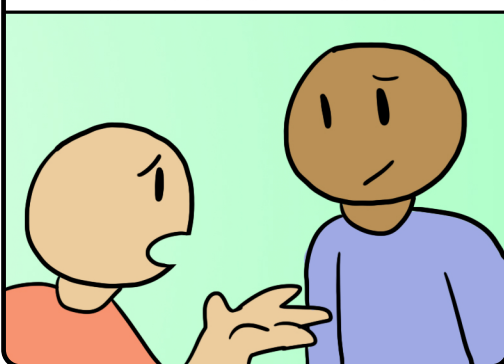
I can take five deep breaths.



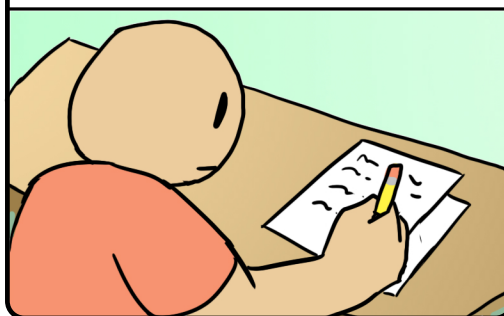
I can close my eyes for one minute.



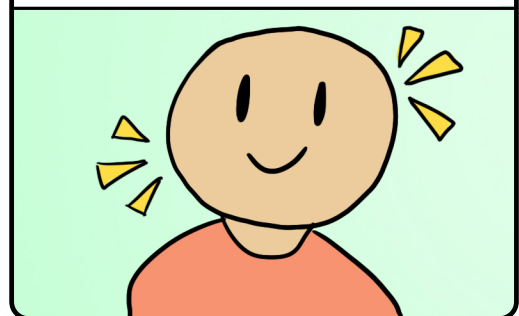
I can ask for a break.



I can write or draw how I feel.



When I calm down, I feel better.



When I calm down, my teacher feels happy, and the other kids in class feel happy too.