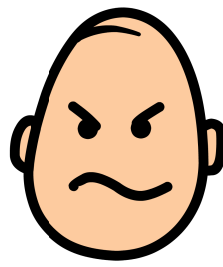
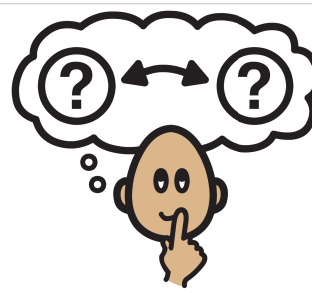


What to do when I'm angry



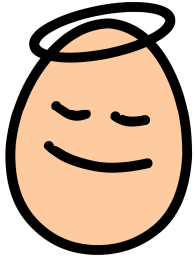
Sometimes I get angry



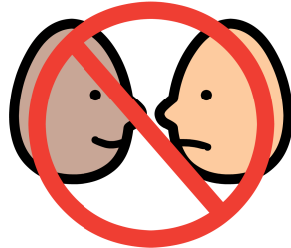
It's hard but I have to make a choice



Bad choices get me in trouble



Good choices help me calm down



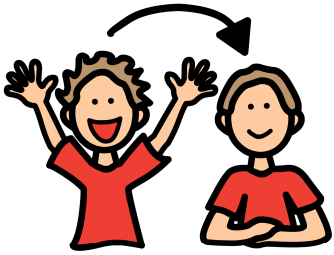
Getting too close: BAD choice!



Hitting others: BAD choice!



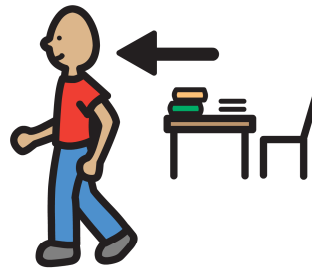
Throwing stuff: BAD choice!



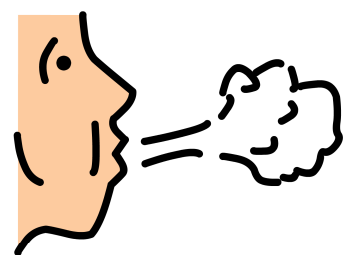
What can I do to calm down?



I can use my words GOOD choice!



I can take a break GOOD choice!



I can blow out 3 times GOOD choice!



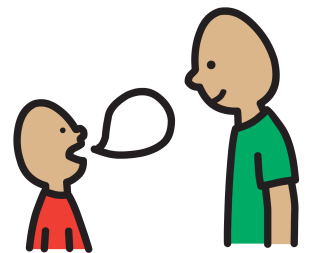
I can hug a pillow GOOD choice!



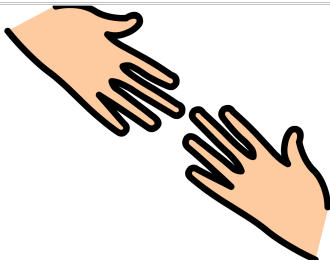
I can walk outside GOOD choice!



I can get a drink GOOD choice!



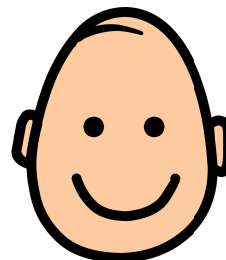
I can ask for help GOOD choice!



It is ALWAYS okay to say I need help



I just do my best!



soon I will be happy again