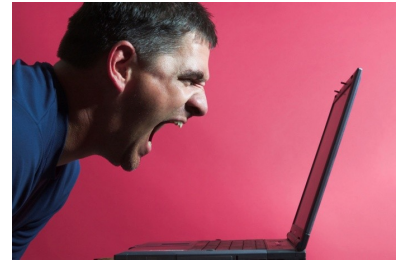


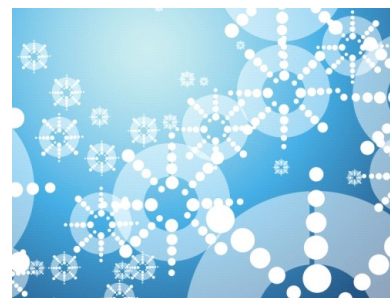
## When I'm Angry

Sometimes I feel frustrated or angry.



I can calm myself down by:

- ✓ Taking slow deep breaths
- ✓ Counting to ten
- ✓ Getting a drink
- ✓ Putting some water on my hands and face
- ✓ Squeezing my stress ball
- ✓ Playing with my snow dome



When I am calm I can talk with my teacher and we will work together to fix the problem.

