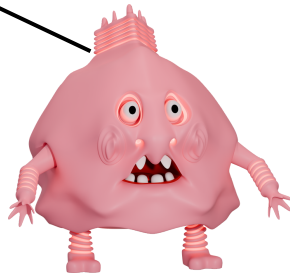


WHEN I GET ANGRY

SOMETIMES PEOPLE SAY THINGS OR DO THINGS THAT MAKE ME FEEL VERY ANGRY. WHEN I FEEL ANGRY, I YELL AT OR TRY TO HURT PEOPLE.



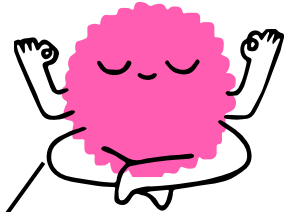
This makes them feel worried and sad. They might not want to be around me.



When I get angry, there are things I can do to calm down instead of hurting people or yelling at them.



breathe

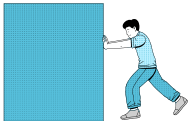


I can take a deep breath and ask to take a break.



I can go to a calm space and do the following:
10 wall pushes
10 belly breathes
Tell myself "I am calm"

ONCE I AM CALM, I CAN ASK FOR HELP FROM AN ADULT



WHEN I TAKE A BREAK TO CALM MY BODY BEFORE DOING OR SAYING SOMETHING UNKIND, I FEEL HAPPY AND THE PEOPLE AROUND ME FEEL HAPPY TOO!

