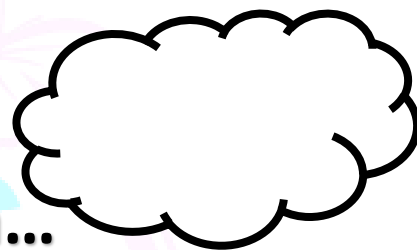
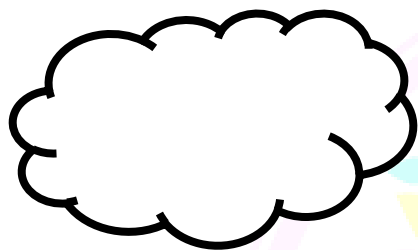
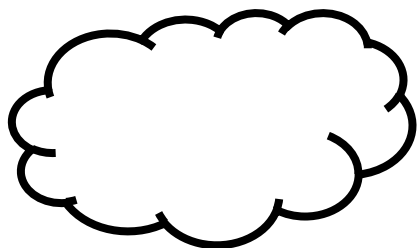
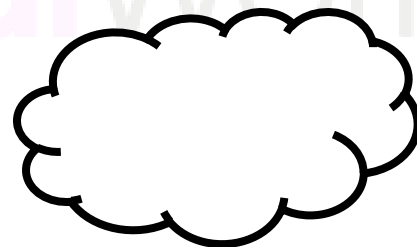
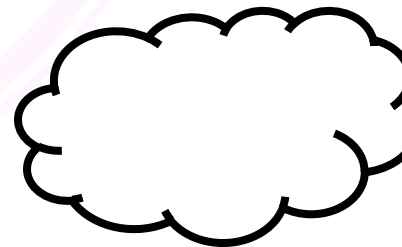
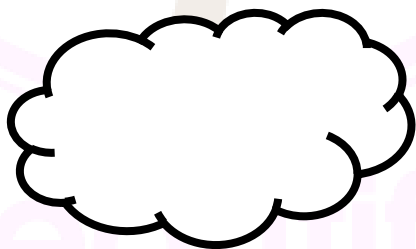
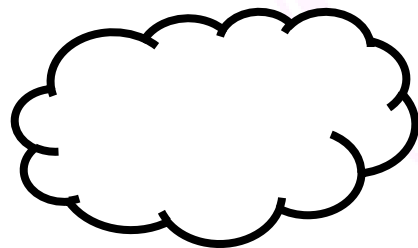
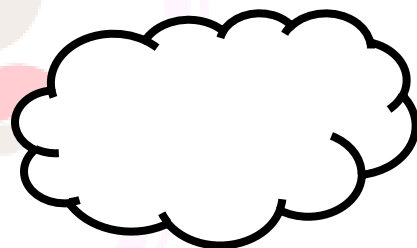
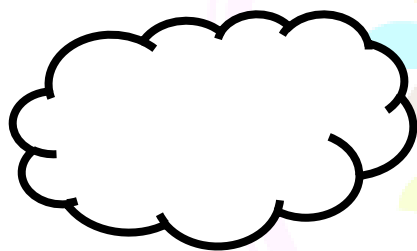




Think of the things that make you angry or upset and write them in the clouds.



I feel Angry when...



Here are some things that I can do to help me to feel better when I get angry.  
Add your own ideas to the clouds.

## Things that may help me to feel better

I can cry it out

I can speak to  
someone

I can go for a  
walk

I focus on my  
breathing

