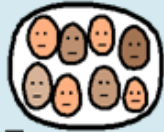




I feel angry



Everyone feels angry or frustrated or sad sometimes.



We can do things to make us feel better.



okay



tell an adult



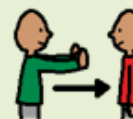
cry



play somewhere else



draw a picture



ask for a break



play outside



hug



something else



These are things that will help me feel better.



not okay



swearing



hitting



kick



bite others



bite self



kick others



don't push



shout



something else



These things will upset others and won't make me feel better.

