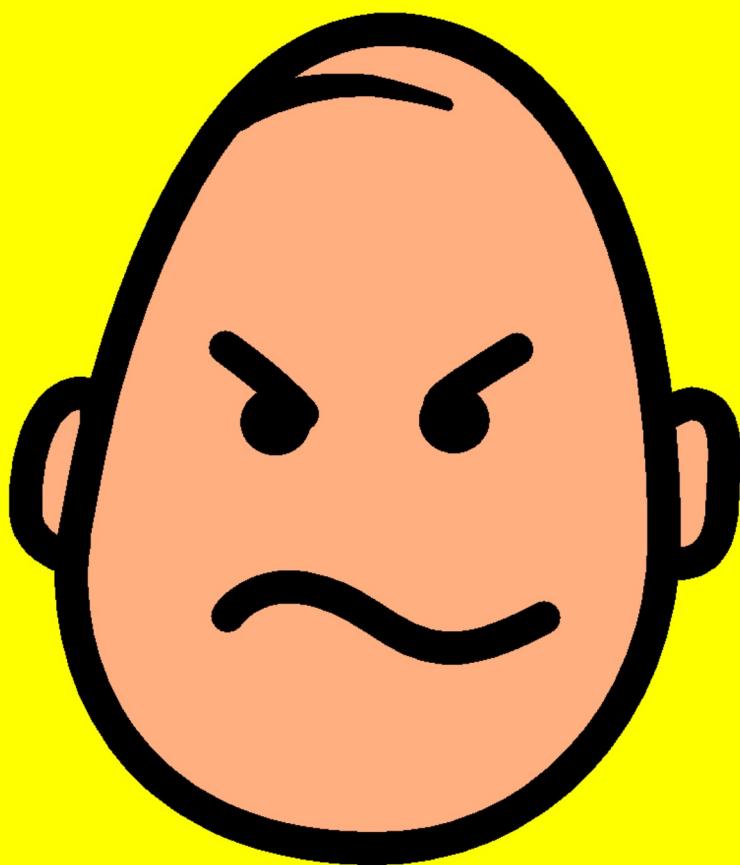
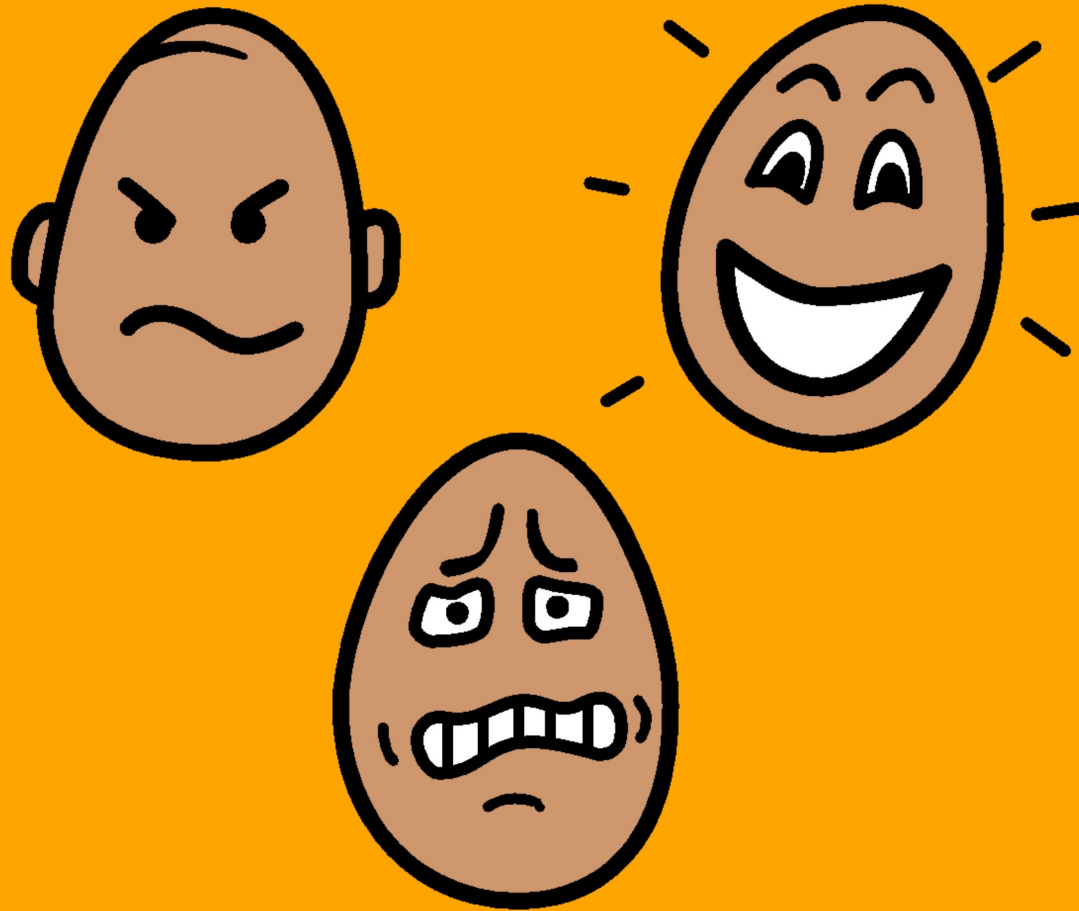


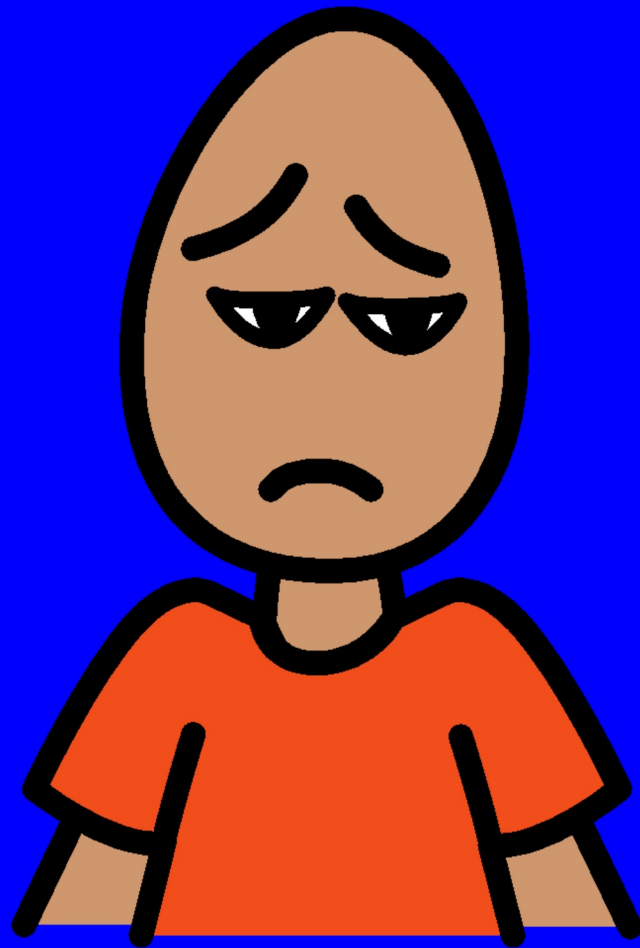
When I am Angry



Everyone gets angry sometimes. That is okay.



Sometimes, I am happy. Sometimes, I am sad. And sometimes,
I am angry.



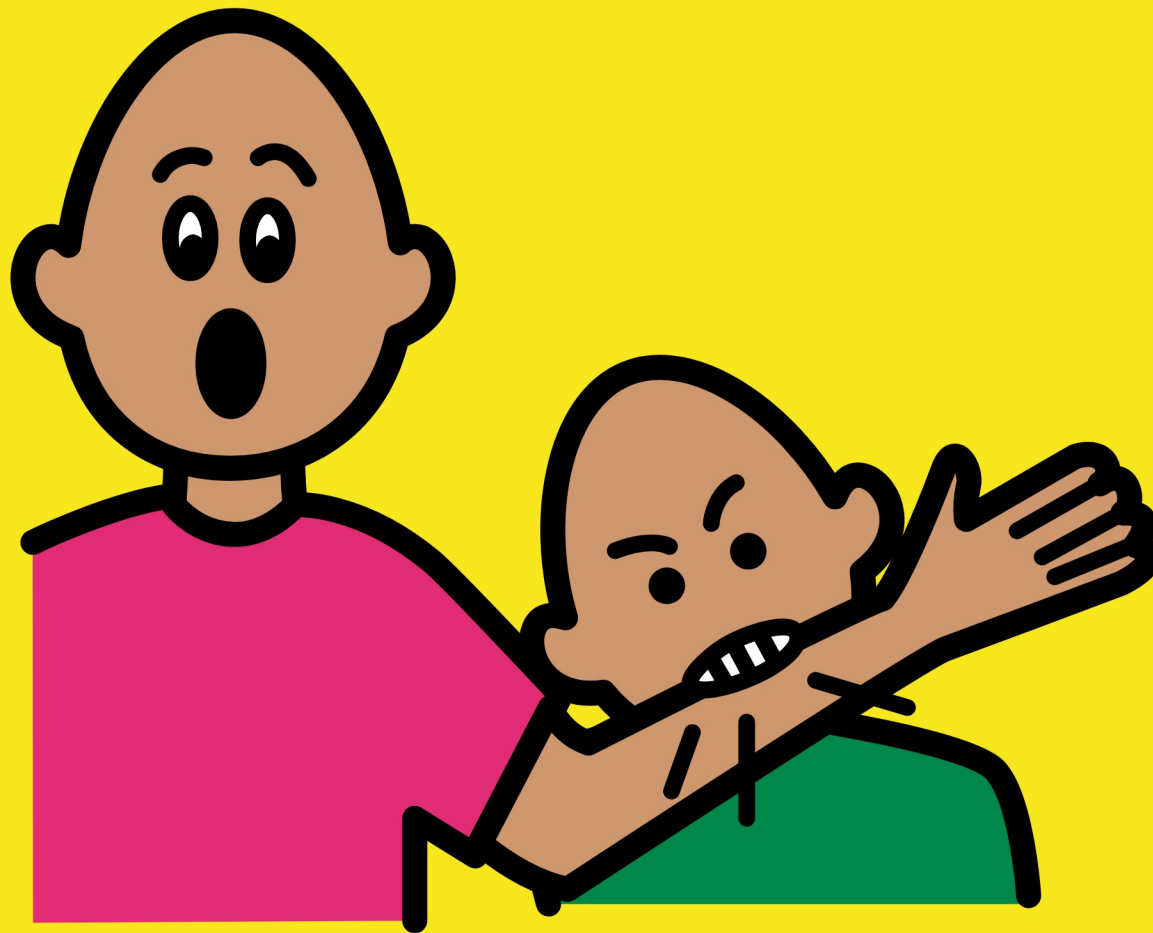
When I am angry, my breathing may get faster and my body may feel tight.



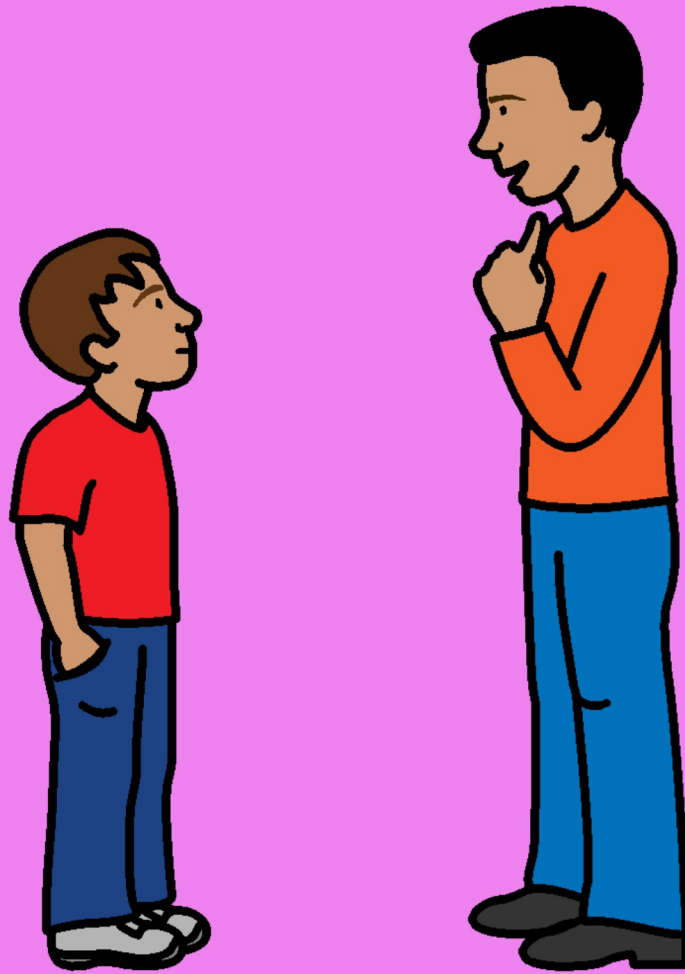
When I get angry, sometimes it is hard for me to calm down.



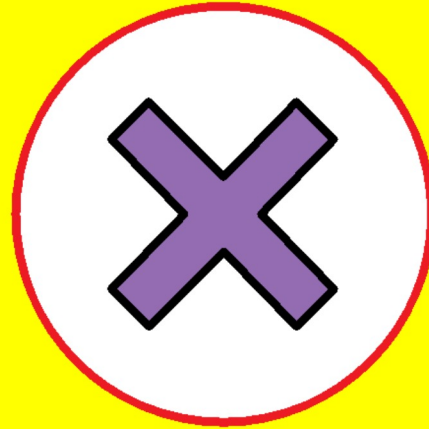
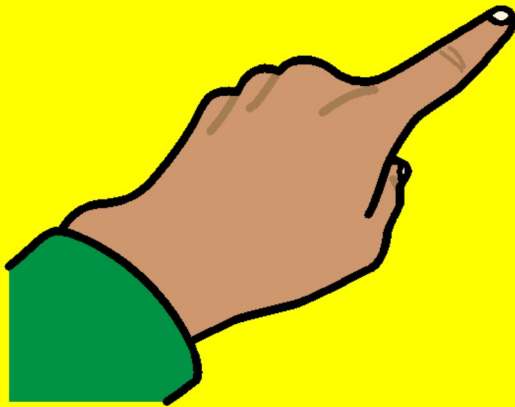
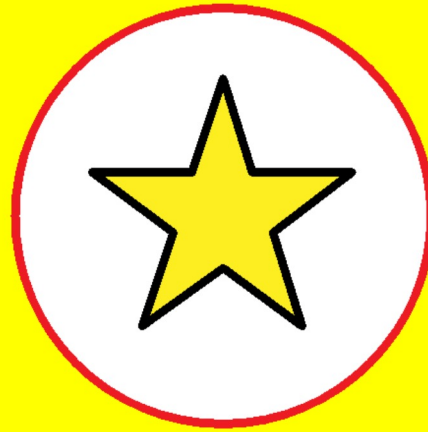
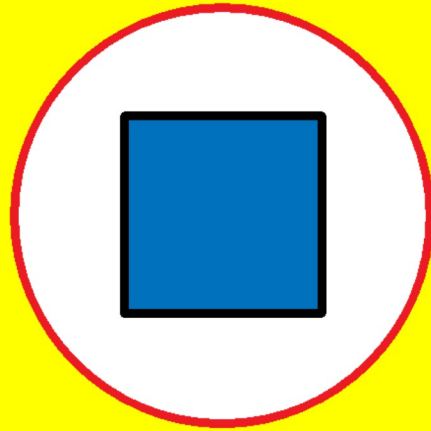
Sometimes I hit my friends, or teachers. This is not a good choice.



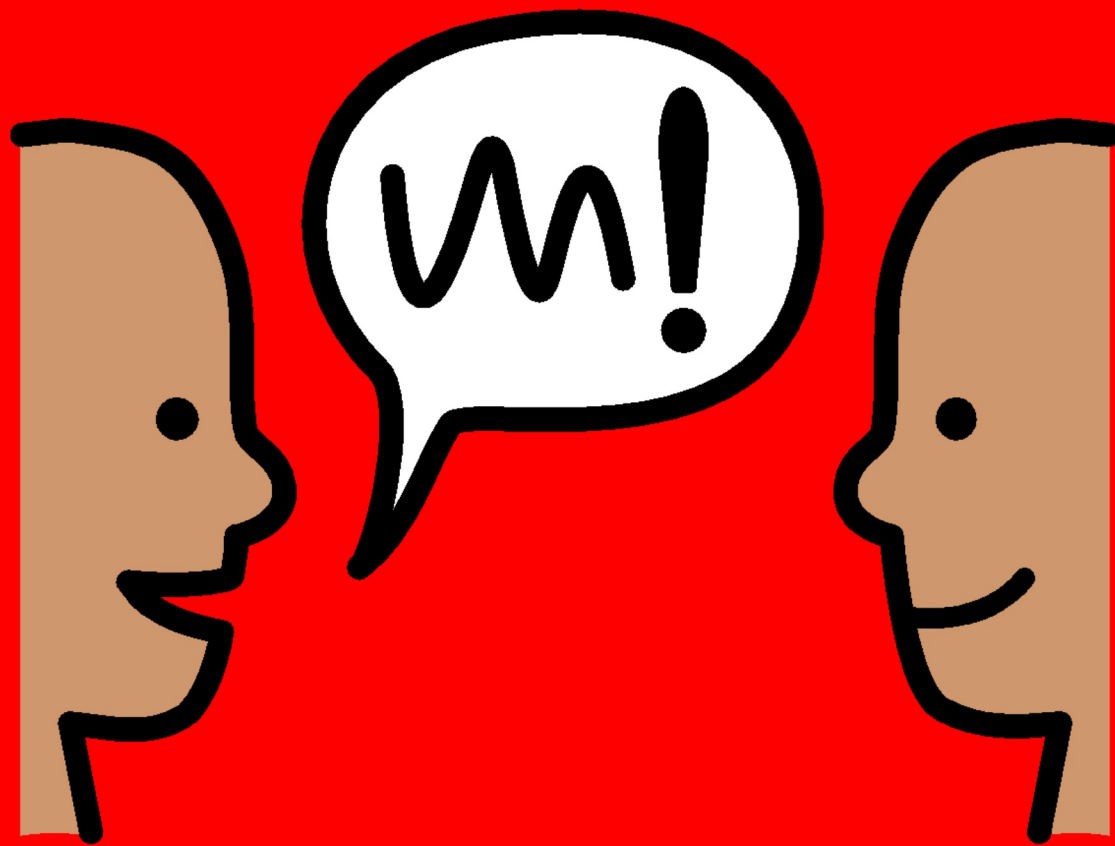
Sometimes I bite. This is not a good choice.



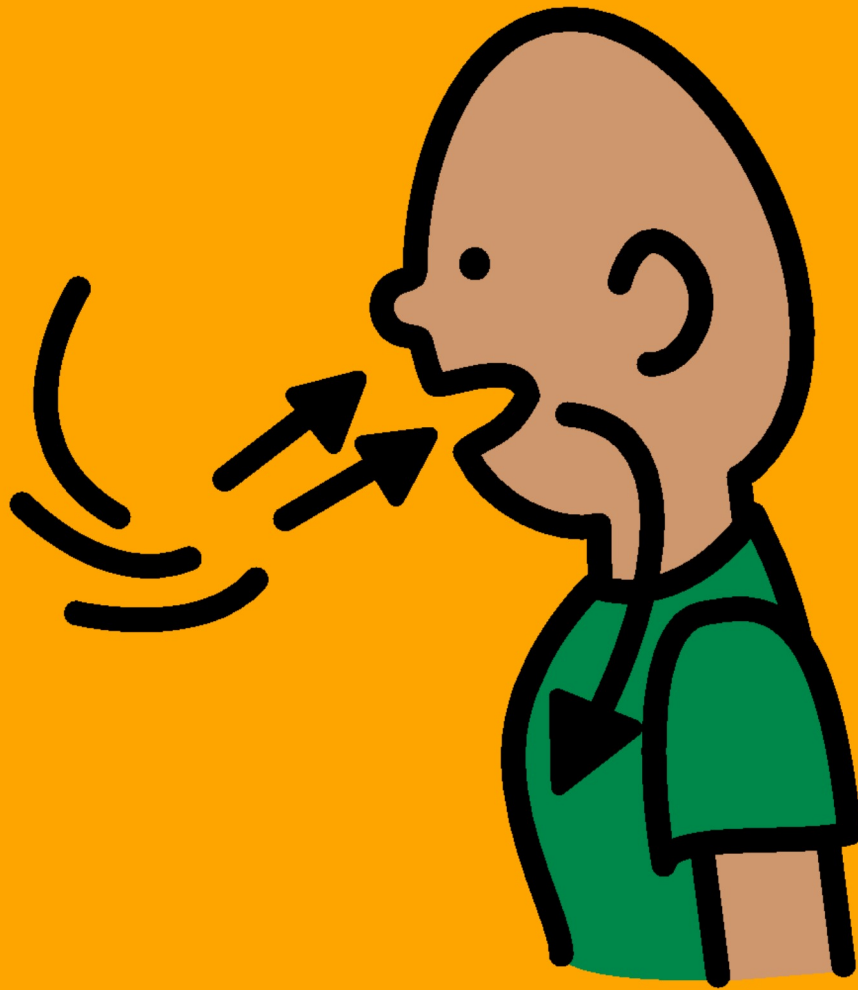
When I am angry, I can ask for help. I can ask an adult to help me make good choices.



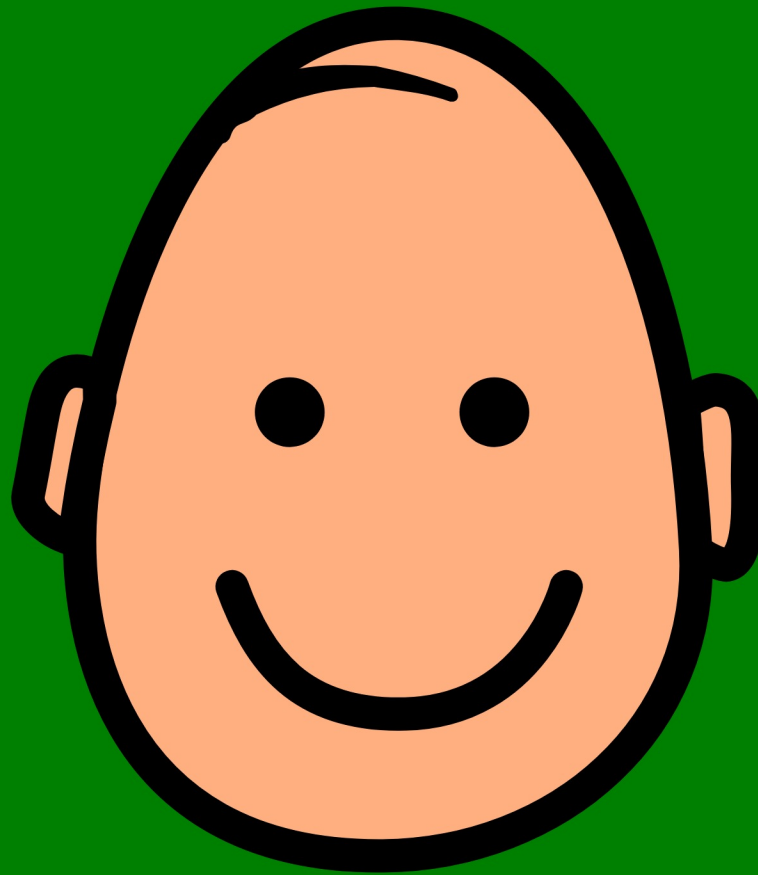
I have a lot of choices to help me calm down.



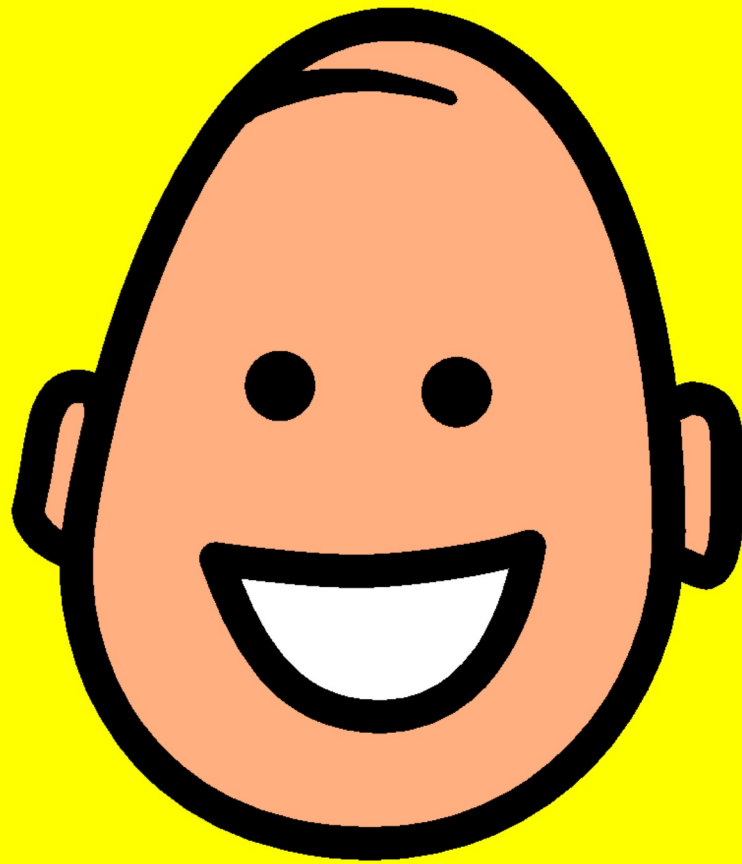
When I am angry, I can try to say, "Help, please!". That would be a good choice.



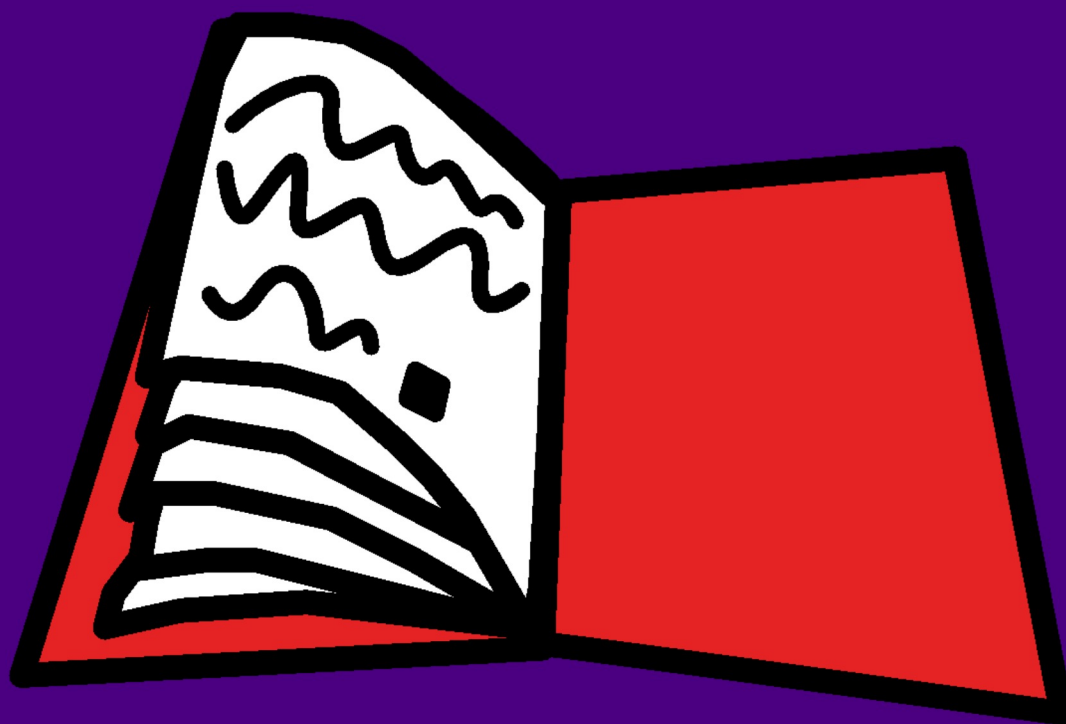
I can take a deep breath. Then I can slowly let it out. That would be a good choice.



It's ok to feel angry. But it's not OK to hit or bite people because I'm angry. I need to try and stay calm.



I can make good choices when I am angry. Then maybe I will not be angry anymore.



THE END