When I feel angry

1



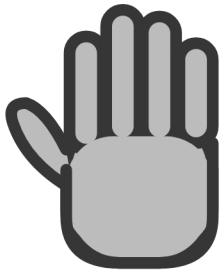
Sometimes I feel angry.

2



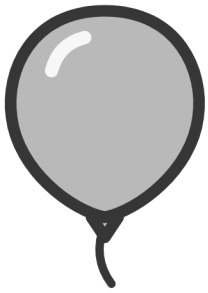
Everyone has big feelings sometimes. That is okay.

3



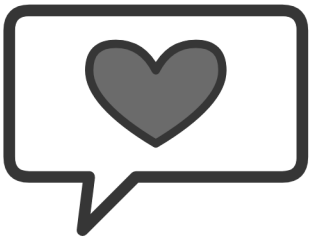
When I feel angry, I can stop.

4



I can take three slow breaths, like blowing up a balloon.

5



I can ask a grown-up for help.

6



Then I feel calm again.

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My story: _____

Sentence starters: **Sometimes… Other people… I can… Then…**

1

2

3

4

5

6

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