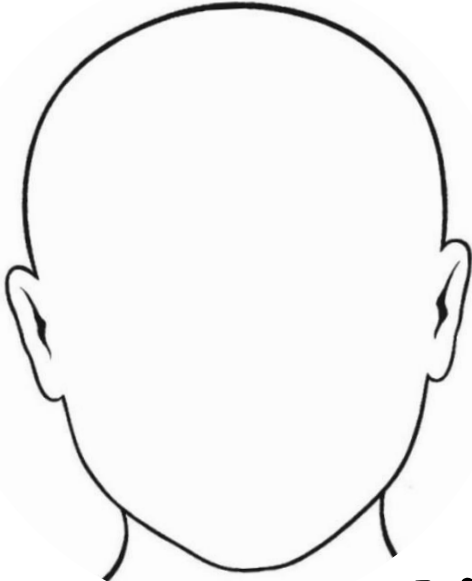


NAME:

How do you look when **ANGRY**?



How do you feel when **ANGRY**?

What makes you **ANGRY**?
Draw or Describe.

What do you do about your **ANGER**?
Draw or Describe.

Circle the **CALM DOWN STRATEGIES** that may work for you.



Meditate



Read a Book



Count to Ten



Deep Breaths



Happy Thoughts



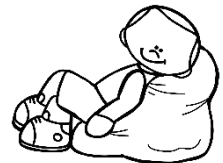
Play with Something



Take a Walk



Get a Drink



Take a Break