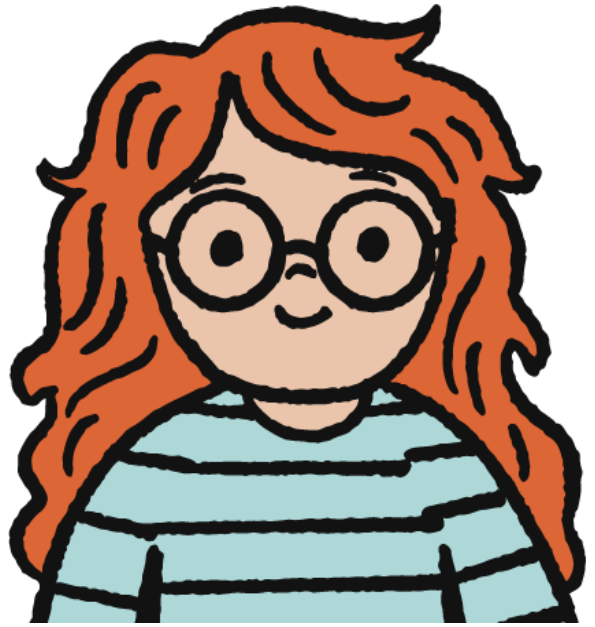


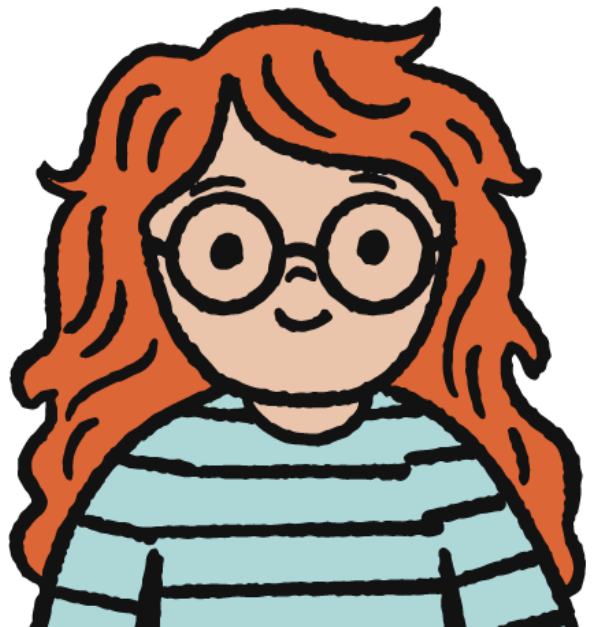
I Can Calm
Down
When I Am
Angry



By: _____

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I Can Calm
Down
When I Am
Angry



By: _____

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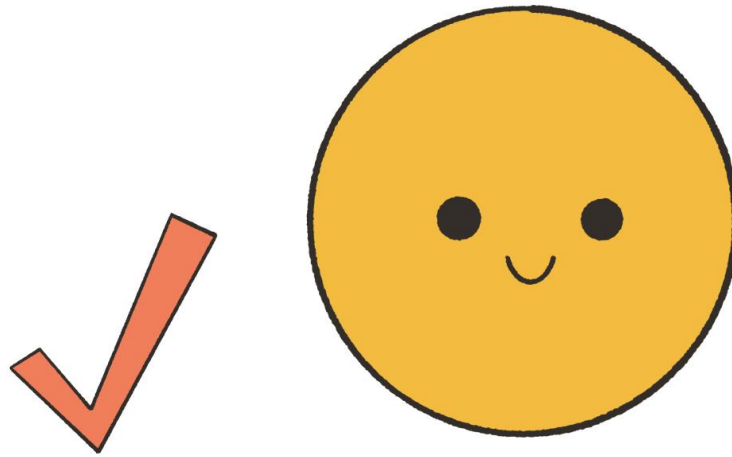
Sometimes I feel angry.

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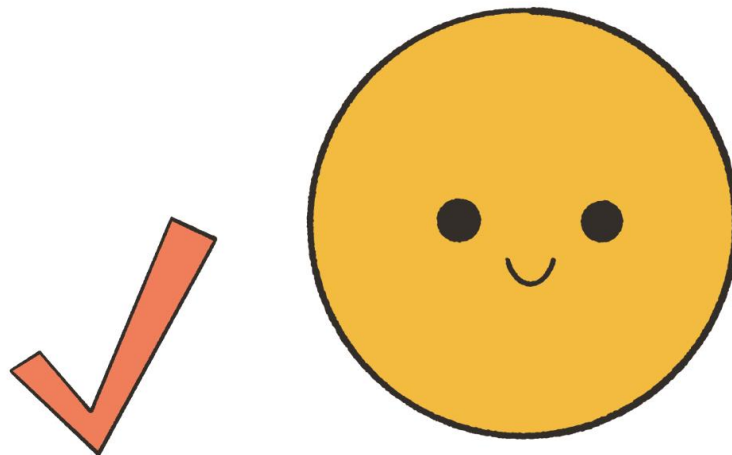
Sometimes I feel angry.

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That is OK. Everyone feels angry sometimes.

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That is OK. Everyone feels angry sometimes.

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When I feel angry, I walk away
from what is making me angry.

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When I feel angry, I walk away
from what is making me angry.

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When I feel angry, I take 10 deep breaths and count each one.

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When I feel angry, I take 10 deep breaths and count each one.

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When I feel angry, I give my body a big squeeze.

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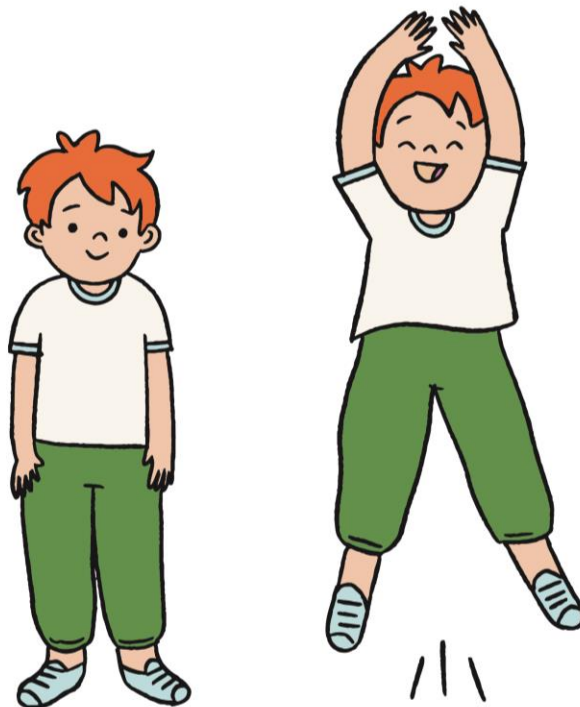
When I feel angry, I give my body a big squeeze.

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When I feel angry, I do 10 jumping jacks.

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When I feel angry, I do 10 jumping jacks.

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When I feel angry, I draw what made me angry.

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When I feel angry, I draw what made me angry.

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When I feel angry, I jump on a trampoline 20 times.

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When I feel angry, I jump on a trampoline 20 times.

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When I feel angry, I imagine myself in a calm place.

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When I feel angry, I imagine myself in a calm place.

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When I feel angry, I say, "I am mad!"

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When I feel angry, I say, "I am mad!"

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When I feel angry, I talk to an adult. They can help me talk about my feelings and decide what to do.

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When I feel angry, I talk to an adult. They can help me talk about my feelings and decide what to do.

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When I feel calm, I can join the activity.

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When I feel calm, I can join the activity.

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When I feel calm, I can try again.

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When I feel calm, I can try again.

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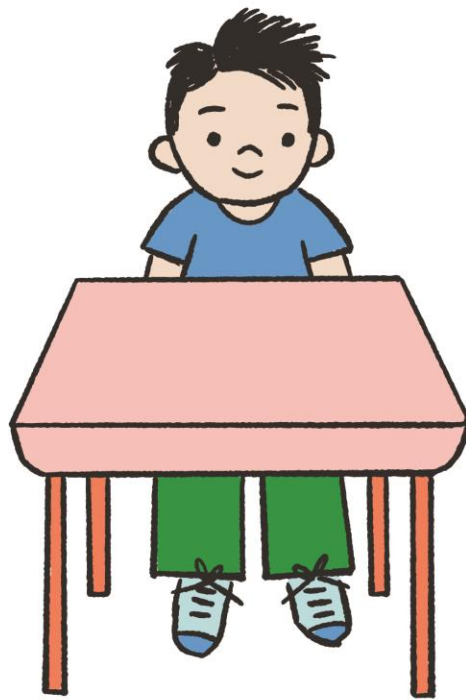
When I feel calm, I can start something new.

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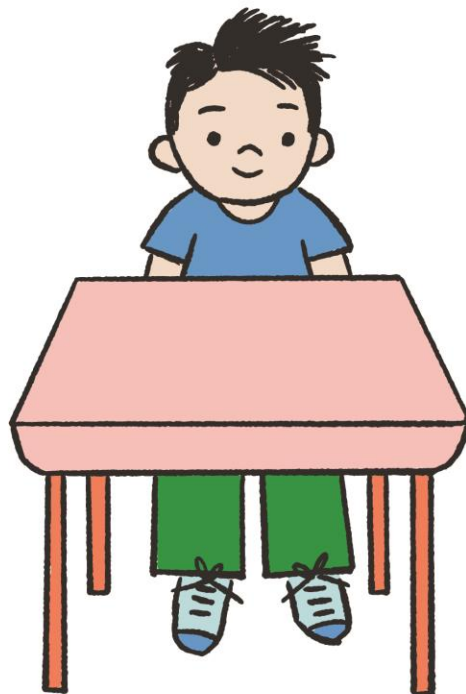
When I feel calm, I can start something new.

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I know what to do when I feel
angry.

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I know what to do when I feel
angry.

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