

When I feel angry I can

.....

This will help me feel calm again

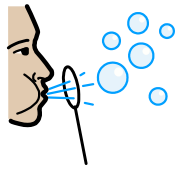


go

for a



walk



blow bubbles

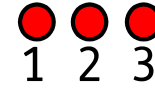
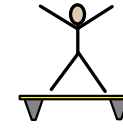


do

5

5

star jumps



count

to

10

10

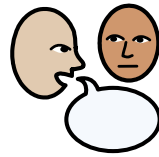


have

a



hug



talk to



someone



stomp my feet



have

a



drink



ask

for a



time out



draw

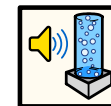
a



picture

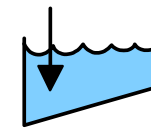


go to the



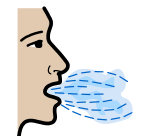
sensory room

5



5

deep



breaths