

WHEN I'M ANGRY, I CAN...



BREATHE DEEPLY

1, 2, 3,
4, 5, 6, 7,
8, 9, 10



COUNT TO 10



**ROAR IN THE
MAD JAR**



SING A SONG

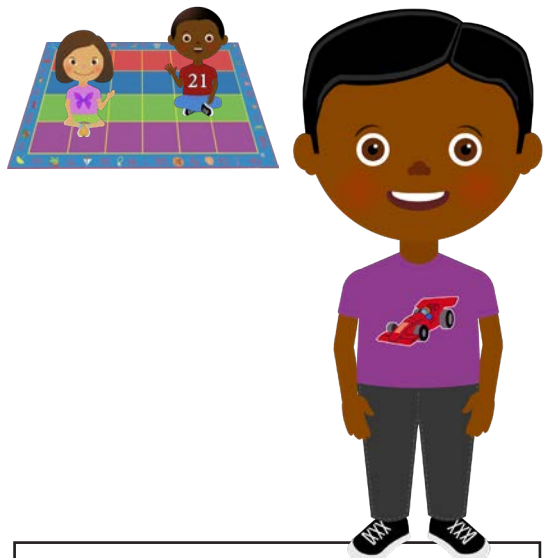
♪ La, la la,
la, la ♪



GET AN ADULT



**DRAW OR WRITE
ABOUT IT**



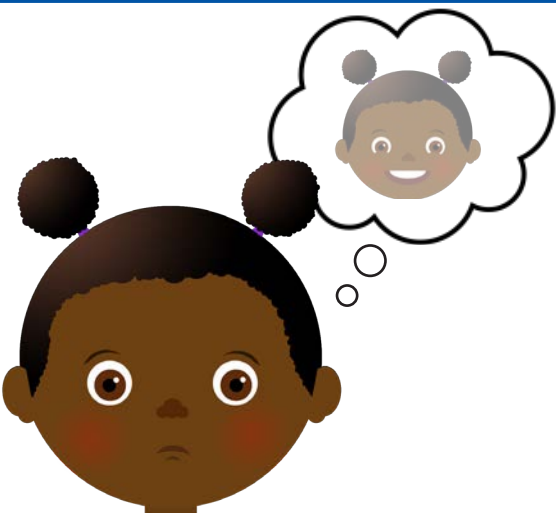
WALK AWAY



**IMAGINE A
PEACEFUL SPOT**



**GO TO A
SAFE PLACE**



**REMEMBER A
HAPPY TIME**



TALK TO A FRIEND



SMILE ANYWAY