

WHAT HAPPENS WHEN I GET



ANGRY?

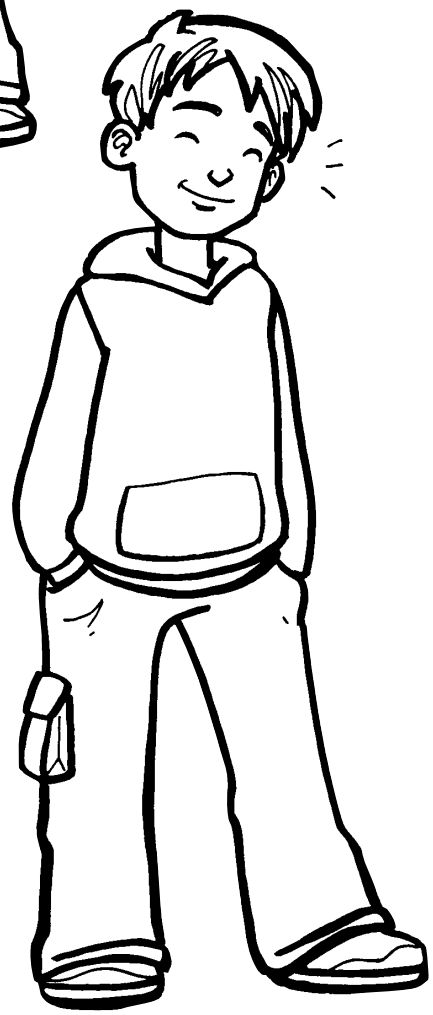
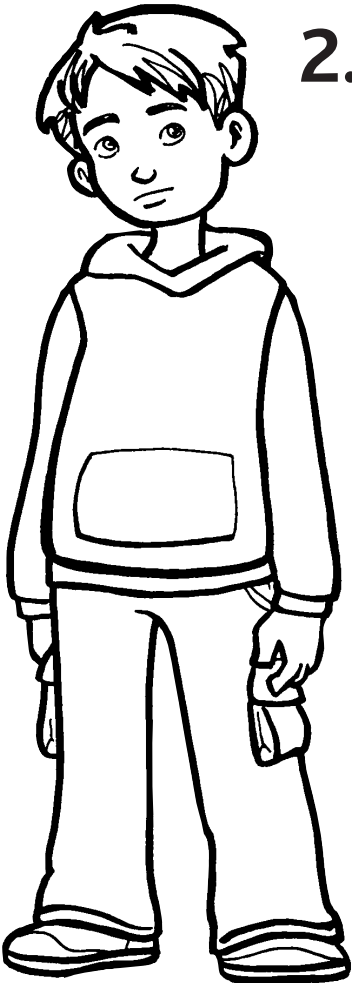
1. When I get angry...

- my heart races.
- my face feels hot.
- my eyes hurt.
- my muscles get tight.
- I get sweaty.
- my hands turn into fists.
- I get a headache.
- my stomach hurts.

2. I feel better when I...

- read.
- exercise.
- draw.
- listen to music.
- talk to a friend.
- breathe deeply.
- talk to a grown-up.
- count to 10.
- have quiet time.
- take a walk.

3. Now I'm calm.



**We are
a safe
& CaRiNG
SCHOOL.**