

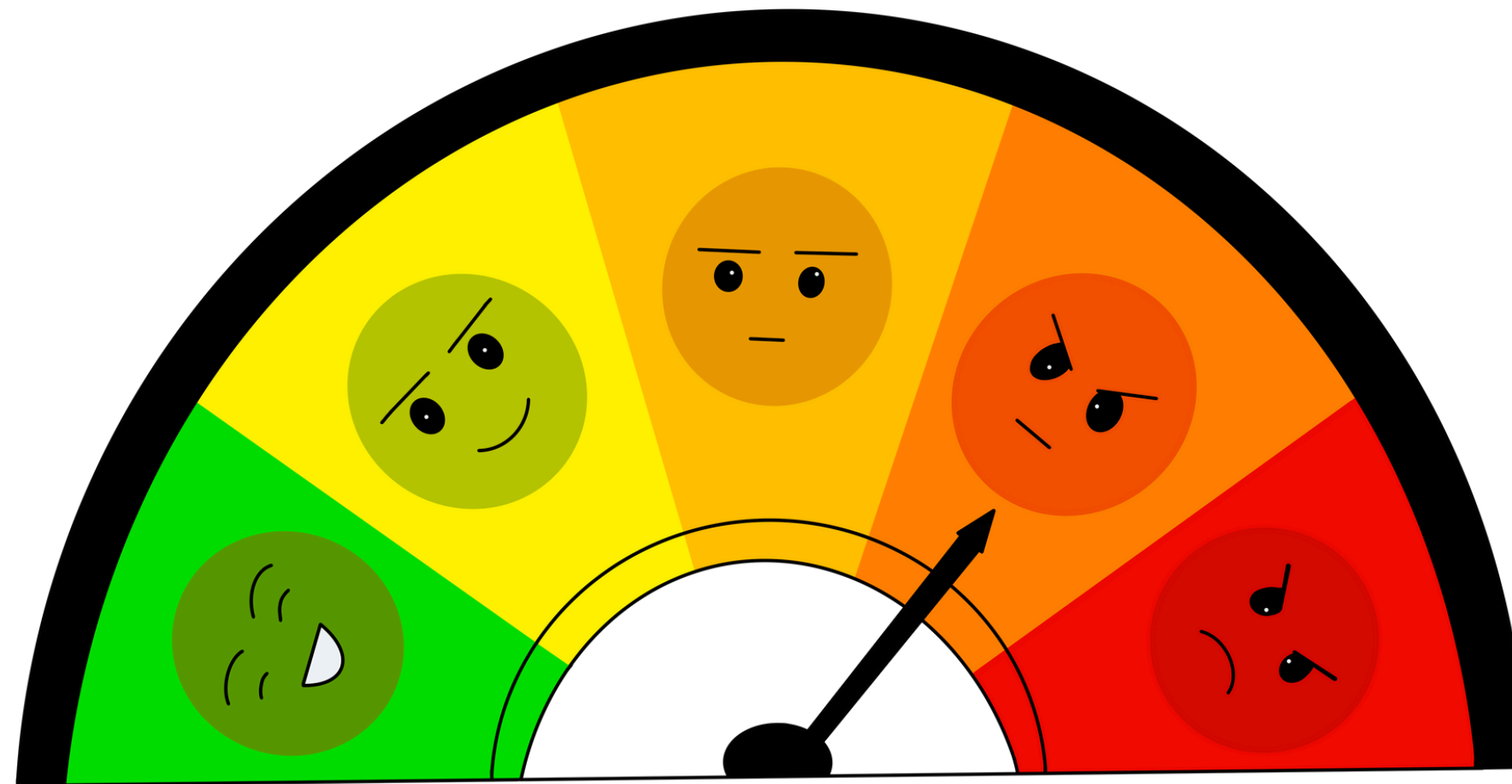
Sometimes I get angry. That's okay.





But I have to  
learn how to  
control it !

When I get too angry, my engine  
runs really high !



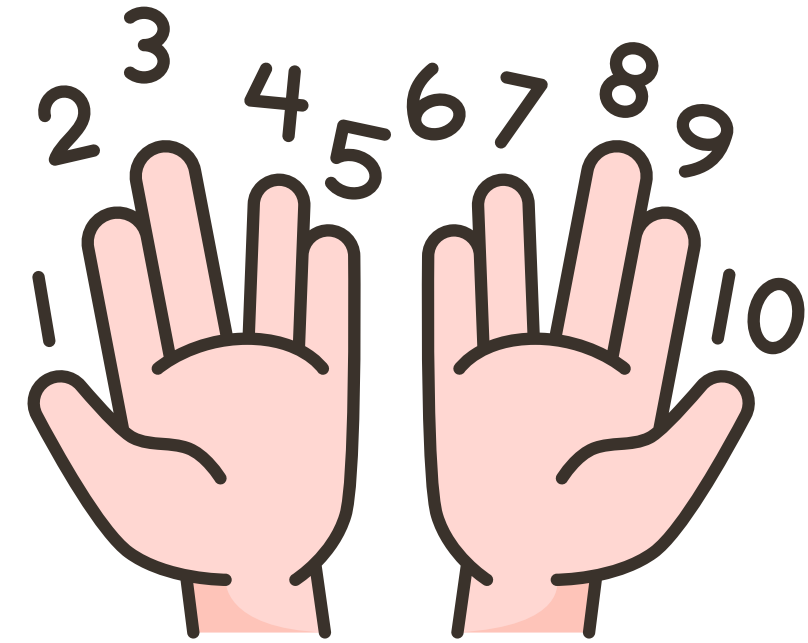
To bring my engine down to be right,  
I can ...



I can take deep breaths



I can count to ten



I can ask for space



I can take a walk



I can ask for help



I can ask for hugs



I can do what I enjoy



I can talk with someone



I did it ! Now I feel better.

