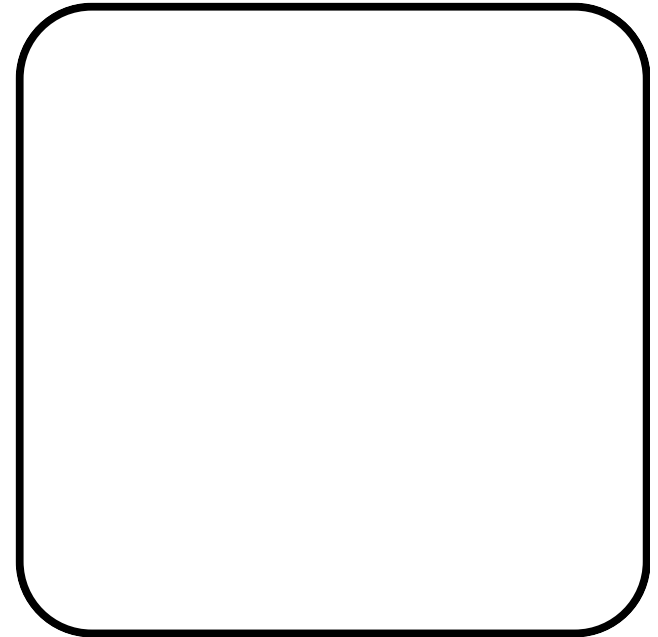
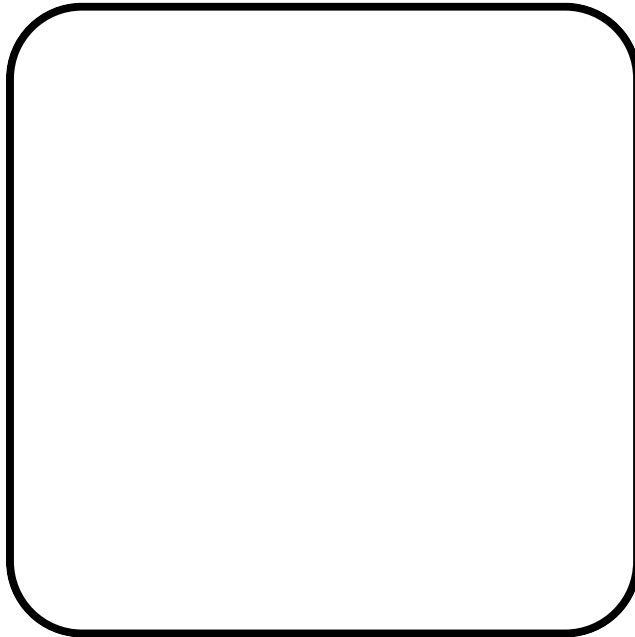
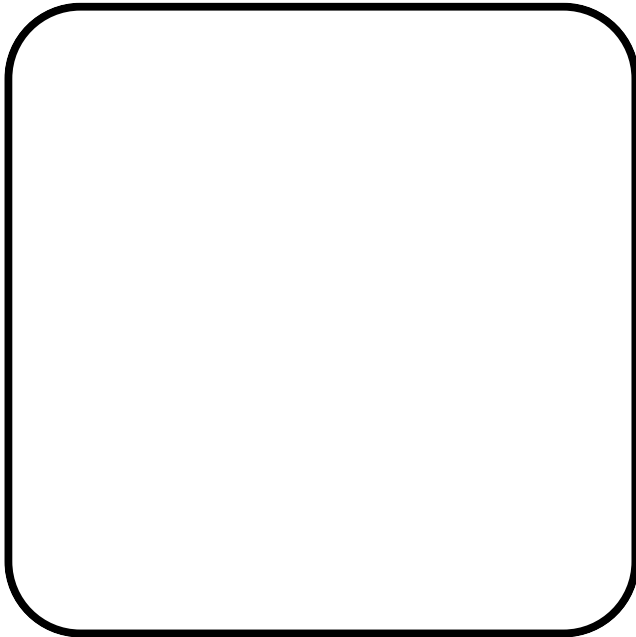


It's okay to be angry, when I am angry I will...





Go for a walk



Take some deep breaths



Listen to some music



Dance!



Go for a lie down
somewhere quiet



Use fidget or
sensory toys



Talk to someone



Drink some water



Draw or crafting



Exercise



Computer or
Gaming time



Count to 10