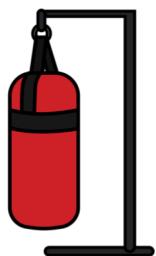
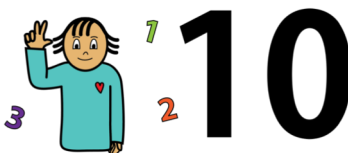


When I feel angry I can...



Punch a bag



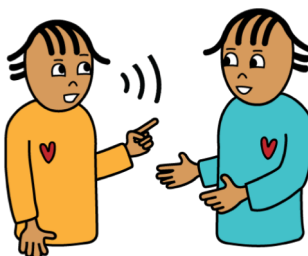
Count to 10



Walk away



Take deep breaths



Talk to someone



Exercise



Rest



Cry



Time by myself