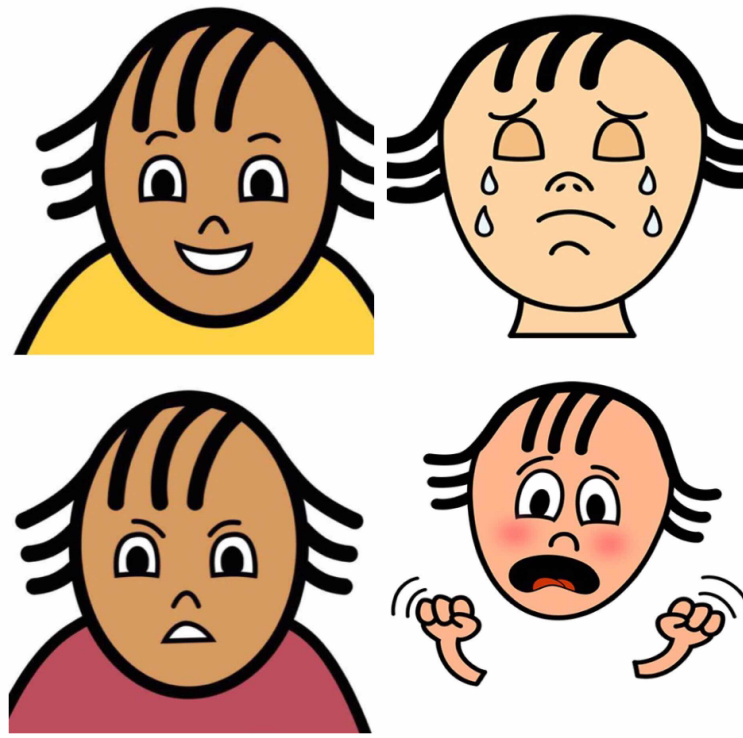
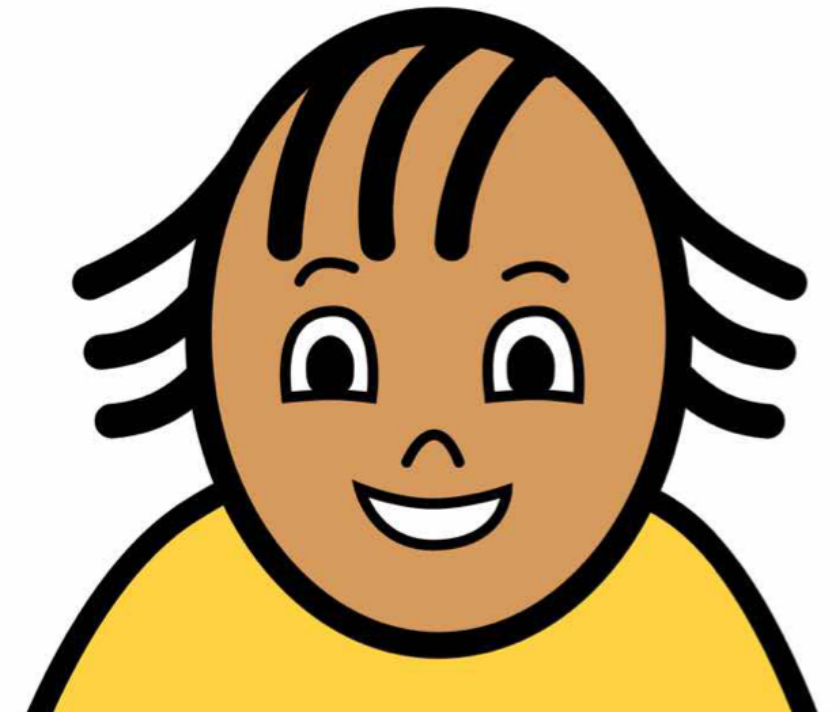




“When I am Angry
I Can...”



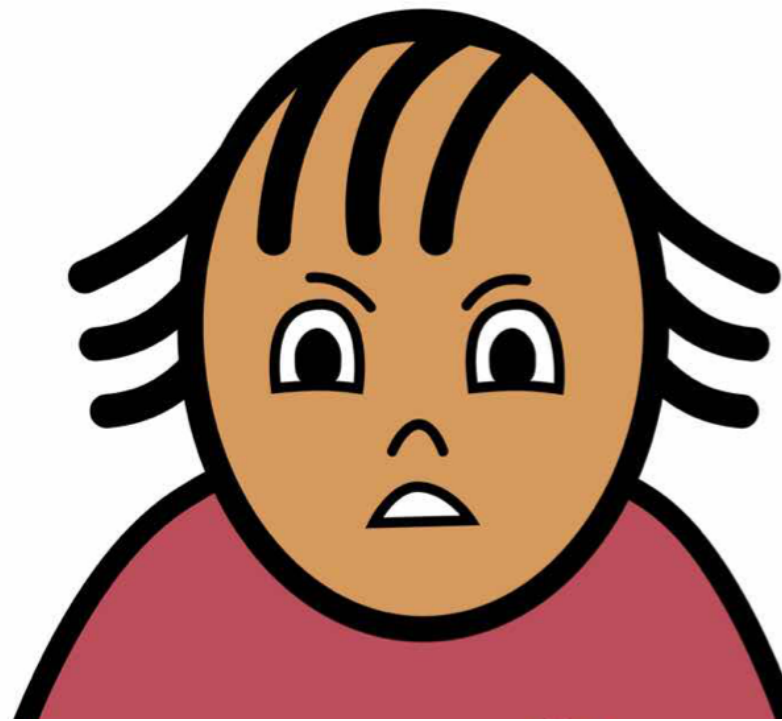
We all have feelings.



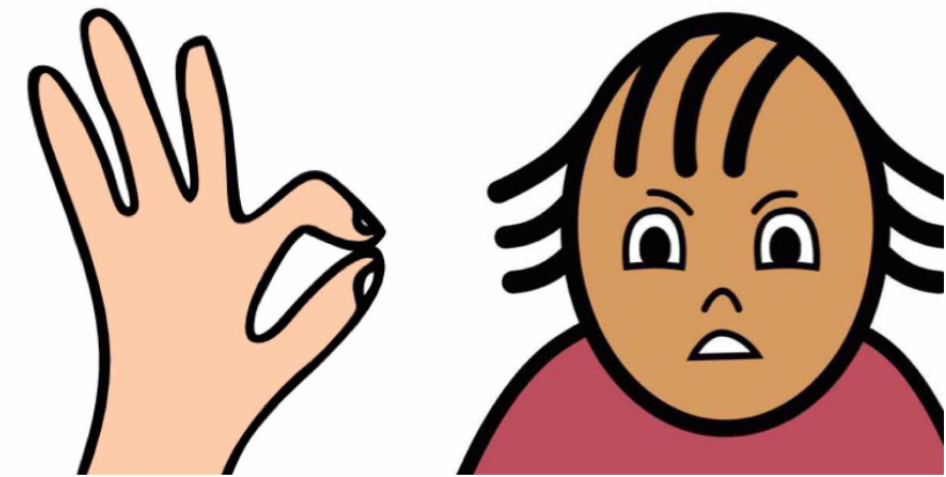
I am usually happy.



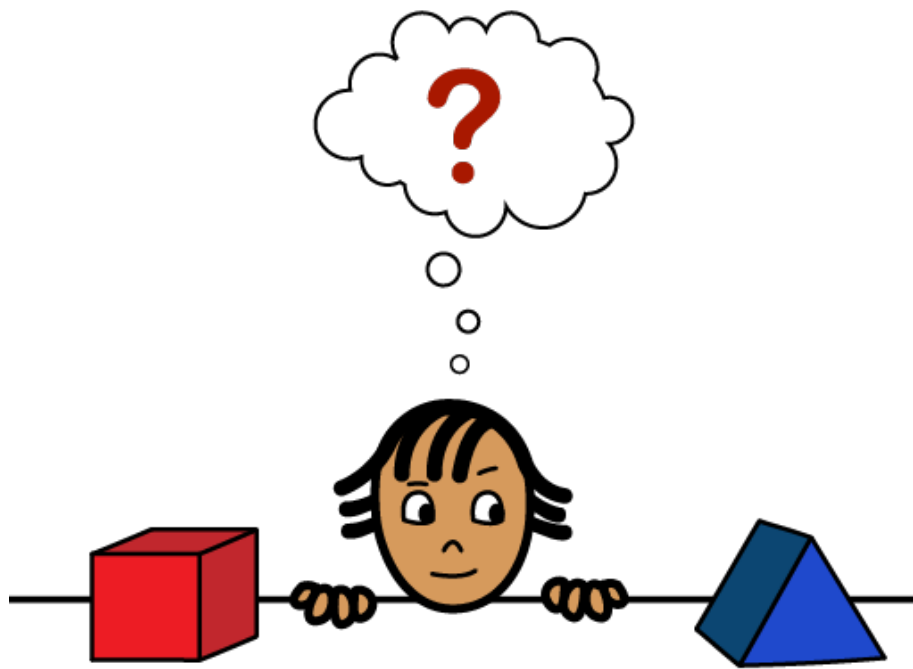
Sometimes I feel sad.



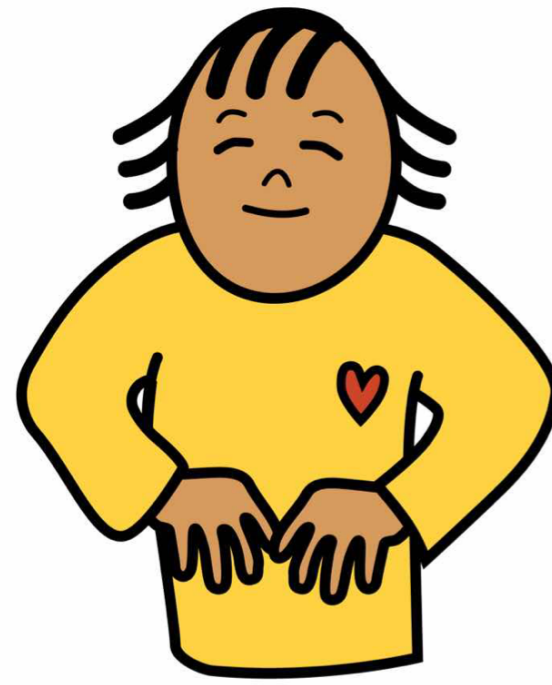
and sometimes I
get angry.



It is ok to be angry.



When I am angry I can make a good choice to keep myself safe and everyone else safe.



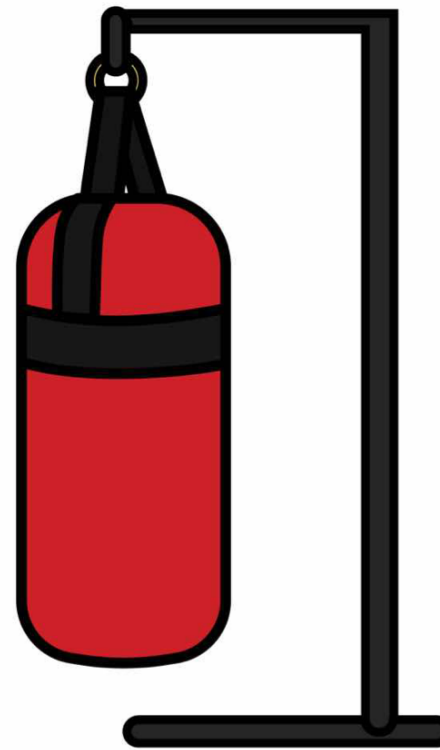
I can choose to take 5 deep breaths.



I can talk to someone about how I feel.



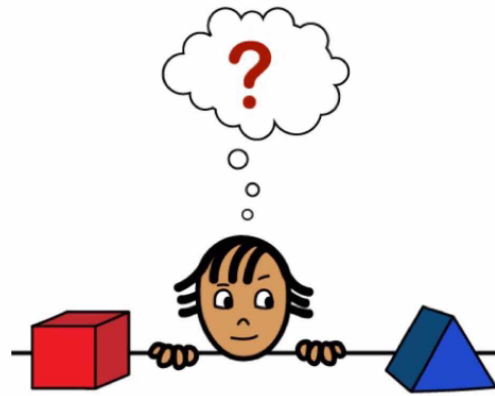
I can go outside to cool down.



I can take my anger out on the punching bag.



When I feel calm I can continue to do what I am suppose to do.



I can make good choices
when I am angry.

This resource was created using the Visuals2Go App, which is currently available to download for FREE on the iPhone or iPad. It can be edited using the Visuals2Go App.

Visuals2Go is all about the use of Visuals for those with learning and communication difficulties. It is an App that allows users to use it as a communication device or the creation and printing of hands-on visual cards.

[Download it now from the Apple Store!](#)

'Visuals2Go' Copyright © 2018 (www.visuals2Go.com)