















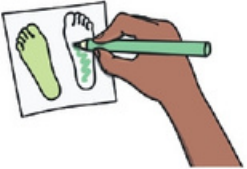




It's okay to be angry

When I'm angry I can...

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This will make me feel calm again.

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 Go for a walk	 Scream into an angry pillow	 Stomp!	 Star jumps	 Go for a run
 Take a deep breath	 Listen to a favourite song	 Go to the sensory room	 Ask for a time out	 Lie on the bean bags
 Watch TV	 Have a drink of water	 Do some yoga	 Talk to someone	 Draw a picture
 Play with a football	 Use a breathing technique	 Play with a basketball	 Count to 10	