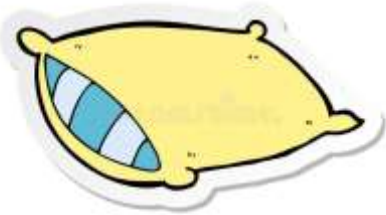


Things to do when you're feeling angry



Squeeze a pillow



Go outside



Play with a pet



Have a drink of water

Do 5 Jumping Jacks



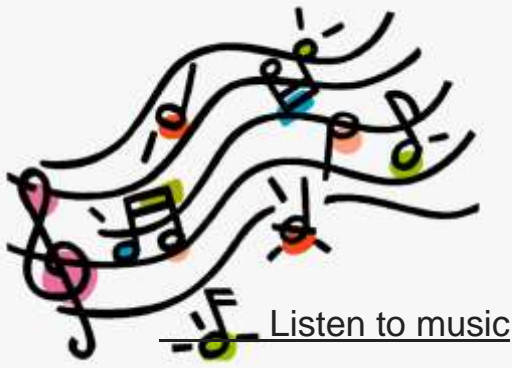
Bounce a ball



Draw a picture

Read a book





Listen to music



Hug an adult or ask them for help

Shhhhhh....



Go somewhere quiet

Do a puzzle



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Blow bubbles

Take a break and think Happy thoughts



