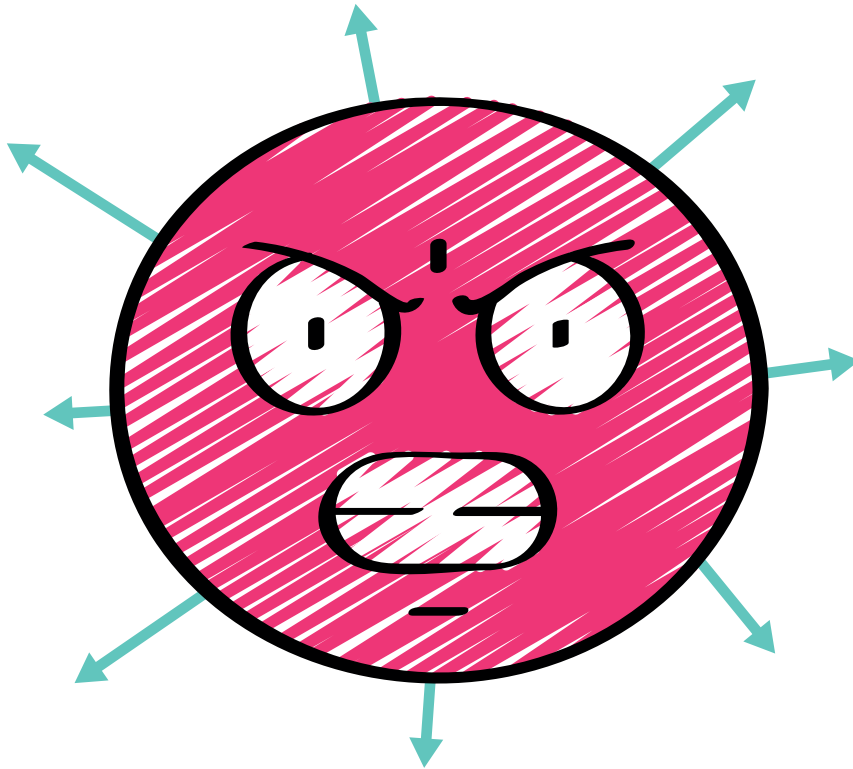


anger

WRITE THINGS THATS MAKE YOU ANGRY AROUND THIS ANGRY FACE:



**ANGER IS AN EMOTION THAT WE FEEL.
IT IS OKAY TO FEEL ANGRY.
HOWEVER, WE CAN CONTROL HOW WE BEHAVE WHEN WE FEEL ANGRY.**

WHEN I GET ANGRY I

WHEN I GET ANGRY I COULD...

WHY NOT TRY A MINDFULNESS EXERCISE?