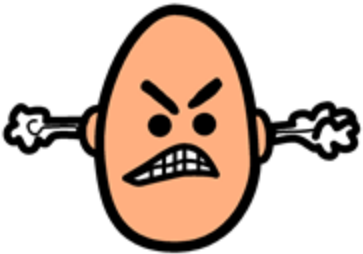


When I'm angry



I can....

Take 3 breaths



Move to another work space



Get a drink of water



Talk to an adult



Wear ear muffs



Walk 1 lap



Find a quiet space



Watch a timer



Squeeze hands

