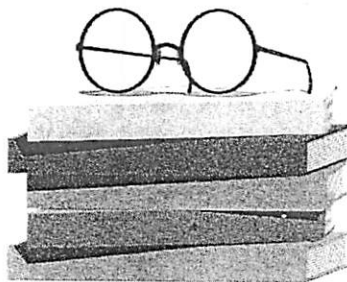


COOL IDEAS FOR CHILLIN' OUT

Circle the ideas you think would help you calm down when you are angry.



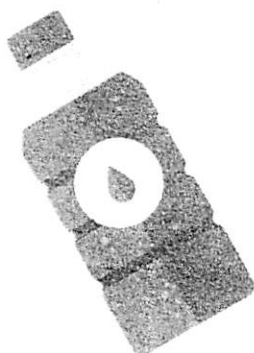
Write About Your Anger



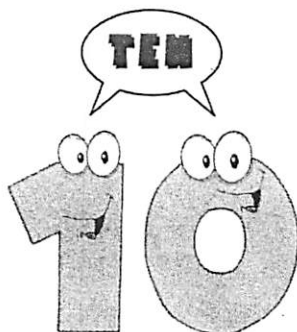
Read a Good Book



Do a Jigsaw Puzzle



Drink a Glass of Water



Think Before You Act!
Count to 10



Get Some Exercise



Listen to Music



Relax
Take Deep Breaths



Walk or Run Away