

# Being Angry

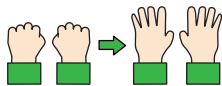


# And Safe

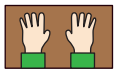
If I earn  stars, I get: \_\_\_\_\_ 

1, 2, 3

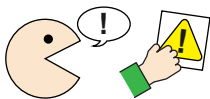
Take 3 slow breaths.



Open your hands.



Keep your hands safe on the table or at your legs.



Say "I am calm and I need help."