

When I am angry, I CAN stop and think about how my actions will affect me and those around me.



How does being an angry bird hurt myself and others?

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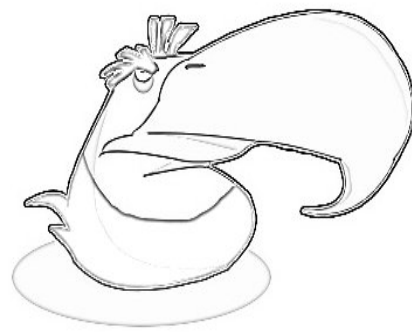
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When I am angry, I CAN ask for help to calm down. Sometimes an adult will help me if I can't calm down on my own.



Who are some people that can help me calm down when I am angry?

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