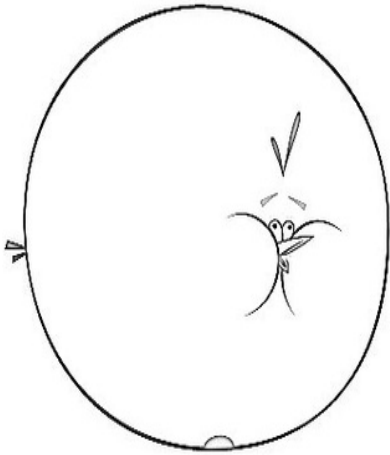


When I am angry, I  
CAN take deep breaths.



Why does deep  
breathing calm us  
down?

---

---

---

---

---

---

---

When I am angry, I CAN  
go somewhere to cool  
down.



Where can I go  
when I get angry?

---

---

---

---

---

---

---