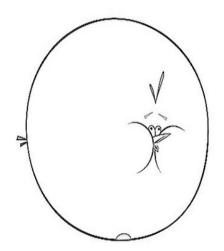
When I am angry, I CAN take deep breaths.



Why does deep breathing calm us down?

	40		

thehometeacher.blogspot.com

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



Where can I go when I get angry?

														_

thehometeacher.blogspot.com