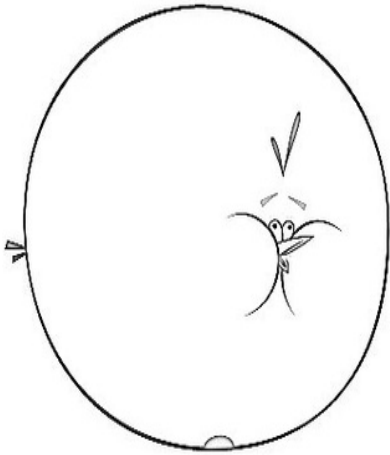


When I am angry, I
CAN take deep breaths.



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?
