

Remember what you can do with your anger bubble...

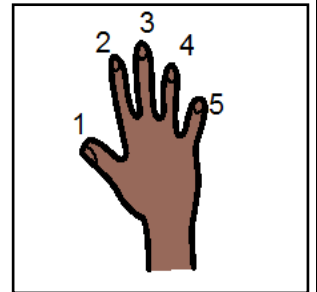
1. Use your words



2. Push your hands together...1,2,3



3. Count to five. 1,2,3,4,5...



4. Smell your chocolate (breathe in) and blow out your birthday candle (breathe out on your finger, pretending it is your birthday candle)

