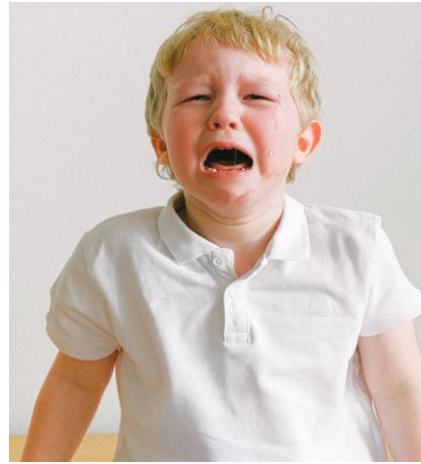
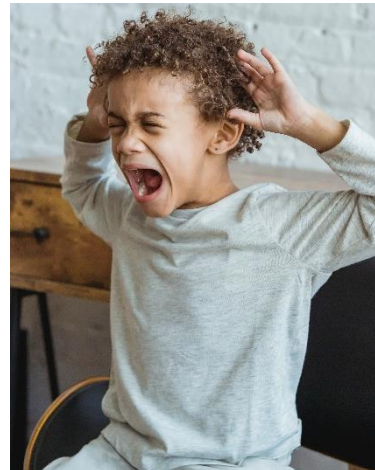


When I Feel Angry..



Jennifer Anzin



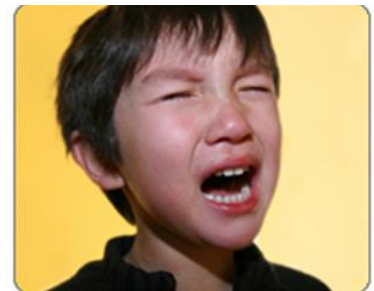
It's okay to feel angry. When I am angry, what can I do?



Train Pose

Sit with your legs crossed. Bring your arms to your sides with your elbows bent. Make fists with your hands. As you move one arm out straight in front, breathe in. As you move the other arm out, bring the first arm back to your side and breathe out through your nose. Repeat several times.

Inhale and exhale, do the train yoga too.



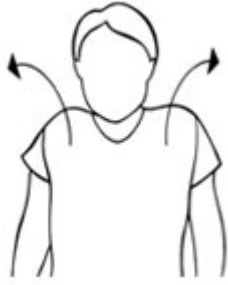
My insides feel hot, my fists I hold tight and I think I'll be angry
all day and all night.



My feet want to stomp, my mouth wants to scream



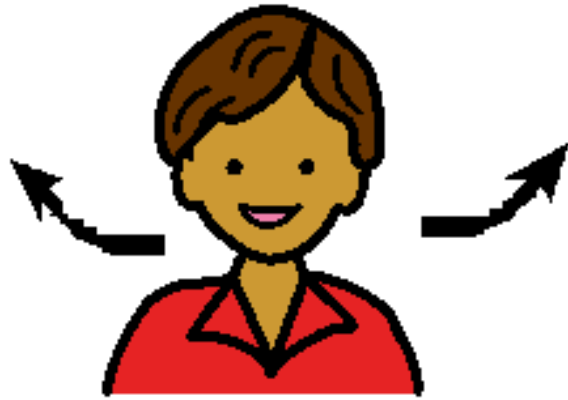
There are things I can do to relax my body it seems



I can roll my shoulders, shake my arms up and down



Count to 5 on my fingers



Move my head round and round



When my mind feels clearer and my stomach calms down



I can talk to someone...
Help my face lose its frown.



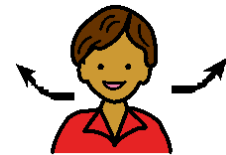
Train yoga



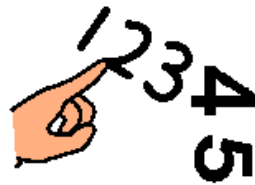
Roll shoulders



Shake arms



Roll head around



It's okay to be angry, it's okay to be mad
We can deal with it safely, with the strategies we have.



The End