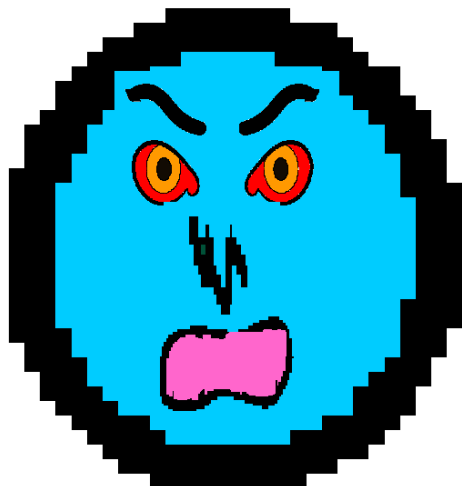


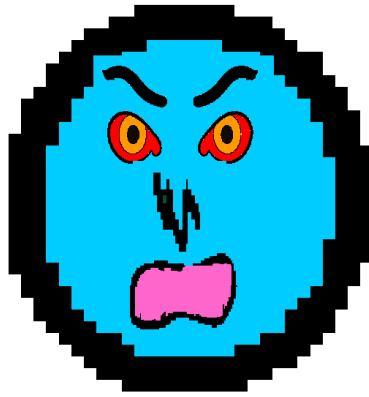
The Anger Bubble



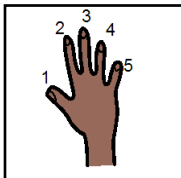
Jennifer Anzin



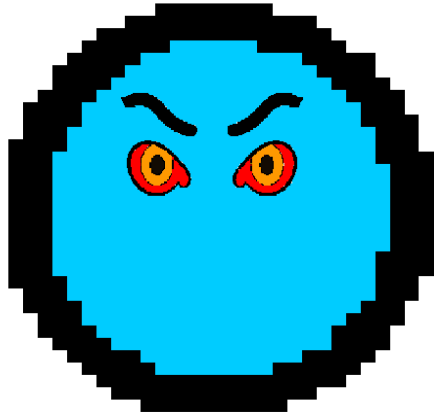
Sometimes an anger bubble swells up inside
of me



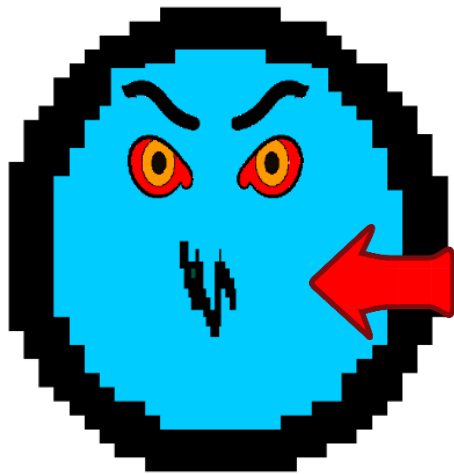
It's okay that I'm angry
If I might feel mad



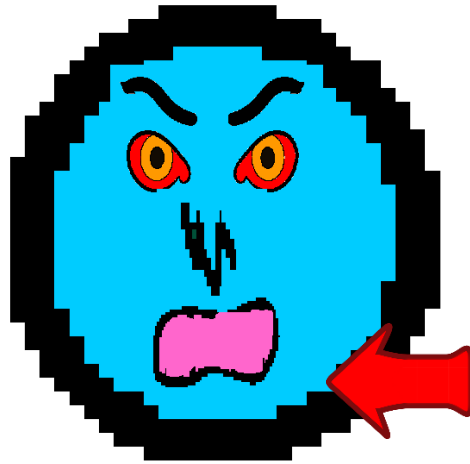
But I'll express it safely
with the strategies I have...



My anger bubble has angry eyes



A long flaring nose



And a screaming mouth



Bubble, it's okay that I'm angry

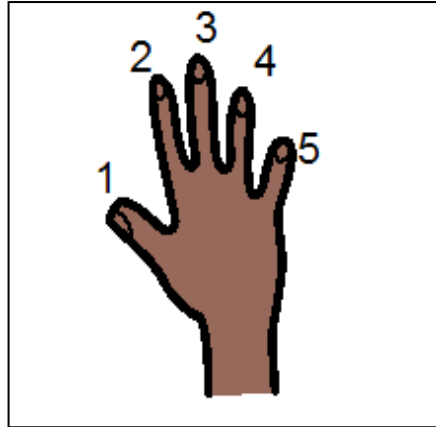
Let's express it safely....



I push my hands together...1,2,3



Go away screaming mouth



I count to 5



Go away long flaring nose

Breathe in...

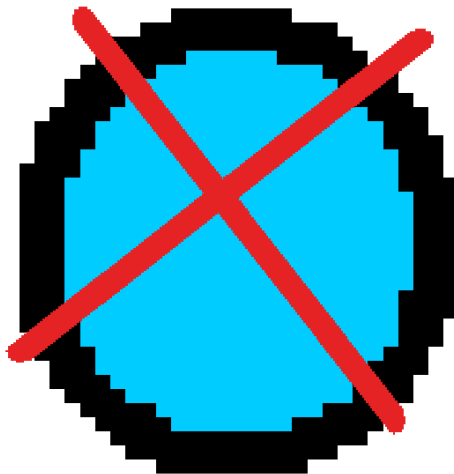


Blow out Birthday Candles

Breathe out...



I smell my chocolate and blow out a birthday candle



Go away angry eyes



pop

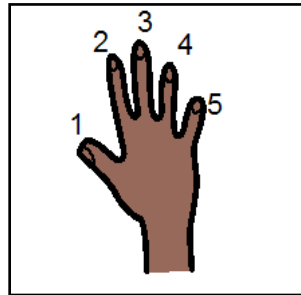


Pop! Now my anger bubble is all gone.

The End



Push hands



Count to 5: 1,2,3,4,5

Breathe in...



Breathe out...

Remember the strategies to pop your anger bubble and help you calm down and think about what you can do when you are angry.

*The Push hands picture is from: **The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses**. Lauren Brukner, Illustrated by Apsley, \$27.95

