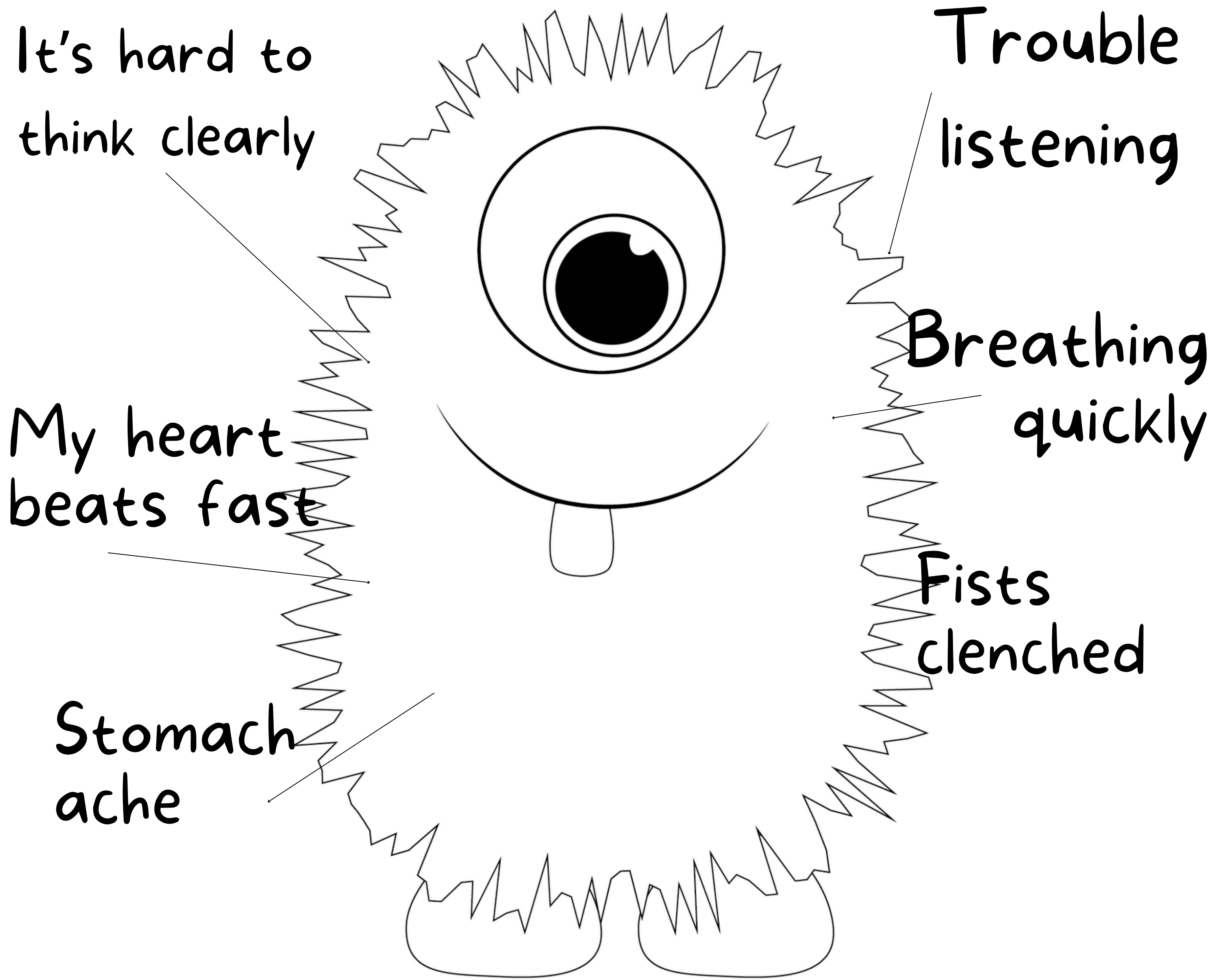


What happens when I feel angry . . .

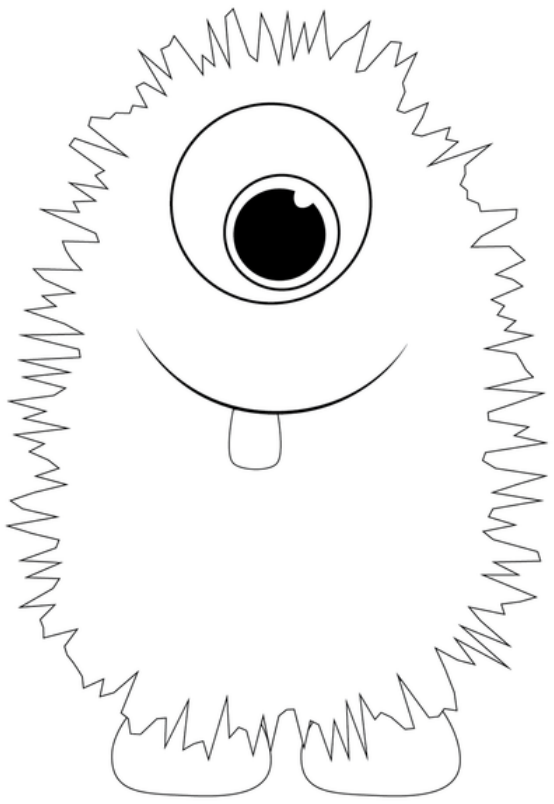


When I am angry, I can....

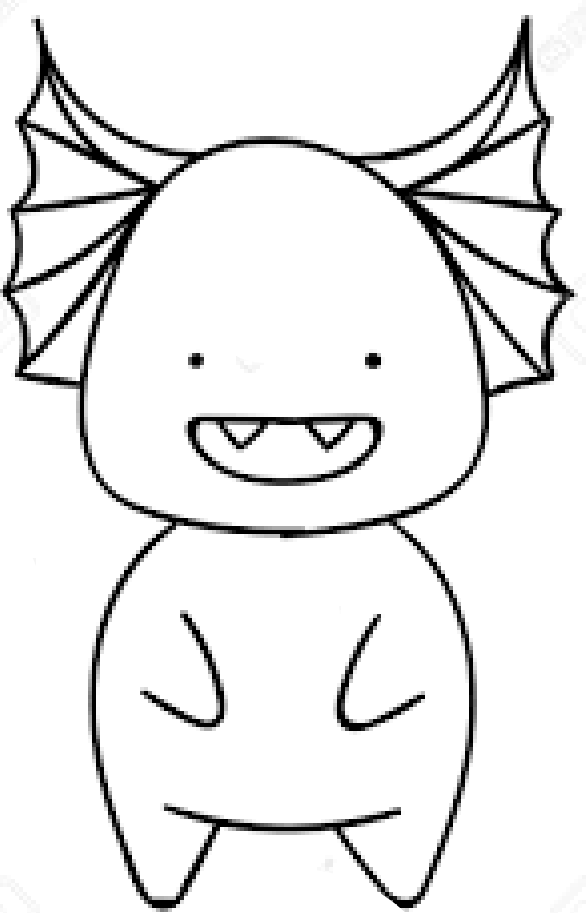
When I feel angry I can....



Pray



Ask an adult for help



Take several deep breaths



Count to 10

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry. (James 1:19)