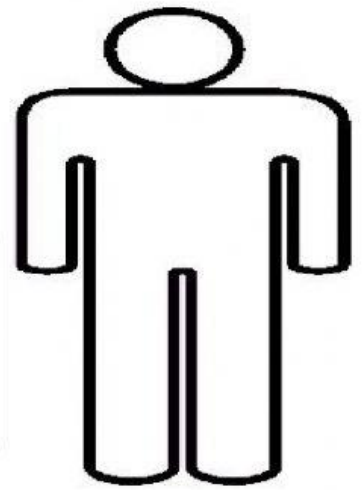


My name is...

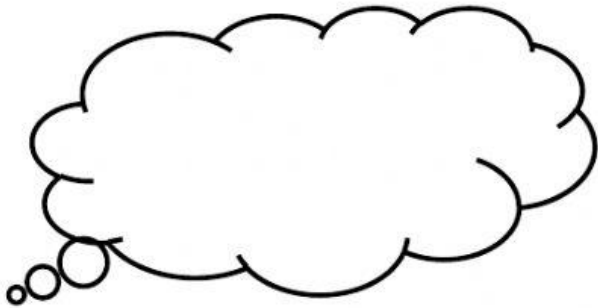
anger



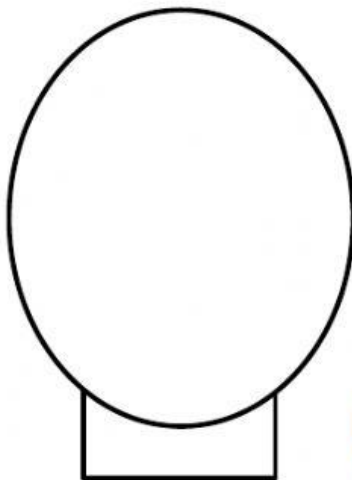
What does my body do when I am angry? How do I act? Write a sentence

What sensations do I get in my body when I am angry? Colour the parts of your body that are affected.

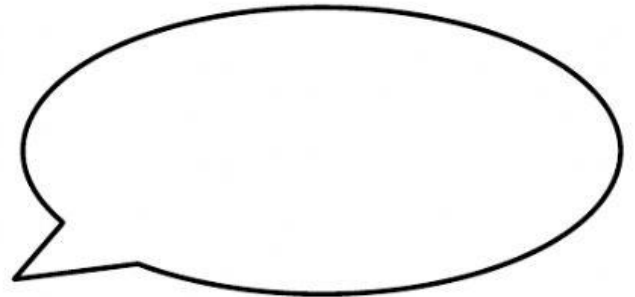
What do I think about when I am angry?



What does my face look like?
Draw your facial expression.



What do I say when I am angry.



1

2

3

How can I calm down?