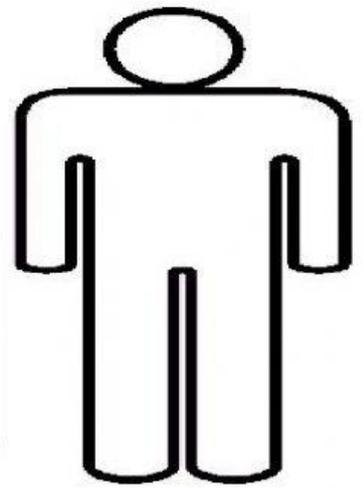


My name is...

anger



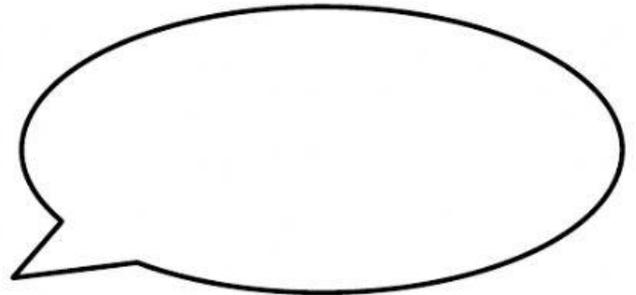
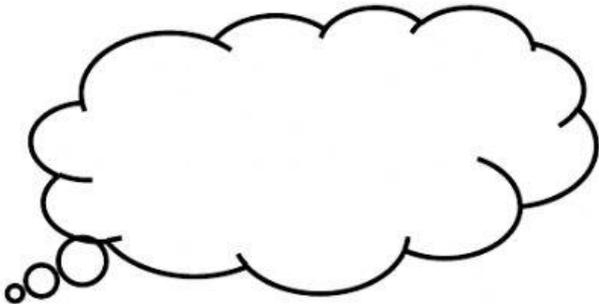
Blank arrow-shaped box for writing a name.

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

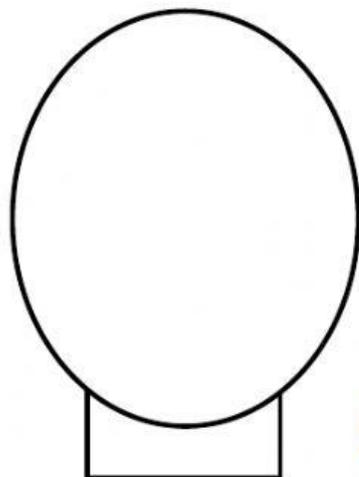
What sensations do I get in my body when I am angry? Colour the parts of your body that are affected.

What do I think about when I am angry?

What do I say when I am angry.



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



1
2
3

Large rectangular box for writing answers to the question 'How can I calm down?' with numbered lines.

How can I calm down?