

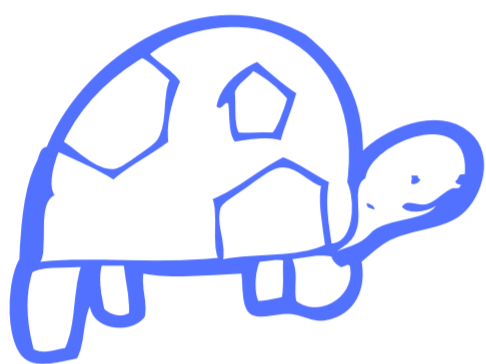
# When I am angry I can learn to manage it



I blow hard like blowing a candle out



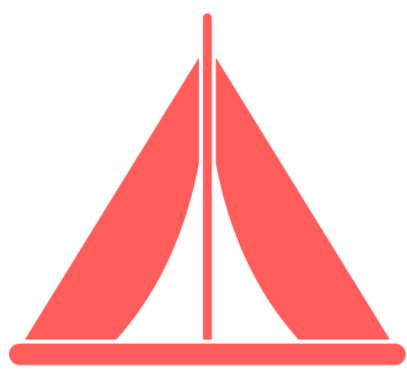
I can keep my hands to myself by my side.



I will move by body and become like a turtle and go inside my shell



I can give myself time to think and count to 10



I can find a safe place to express my feelings



I can find my superhero powers inside



I can learn self-talk and tell myself that it will be alright



I can go to my self-soothe box to Touch, listen and feel.