

It's okay to be angry

When I'm angry I can...

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This will make me feel calm again.



Go for a walk



Scream into an
angry pillow



Stomp!



Star jumps



Go for a run



Take a
deep breath



Listen to a
favourite song



Go to the
sensory room



Ask for
a time out



Lie on
the bean bags



Watch TV



Have a
drink of water



Do some yoga



Talk
to someone



Draw a picture