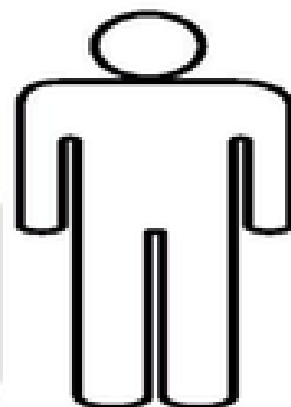


My name is...

\_\_\_\_\_

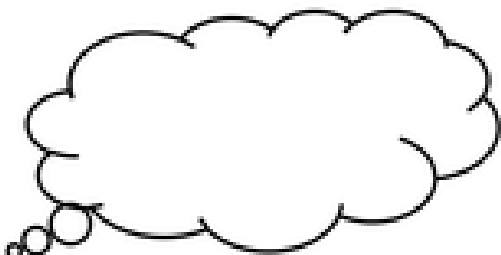
# anger



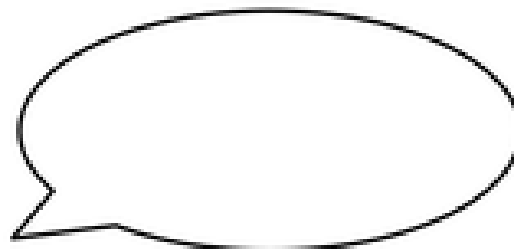
What does my body do when I am angry? How do I act? Write a sentence

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

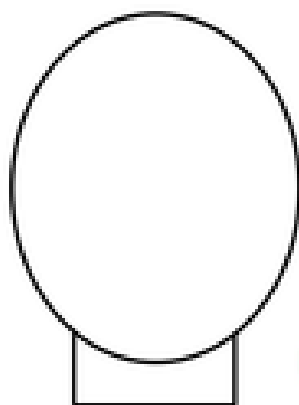
What do I think about when I am angry?



What do I say when I am angry.



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



1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

How can I calm down?