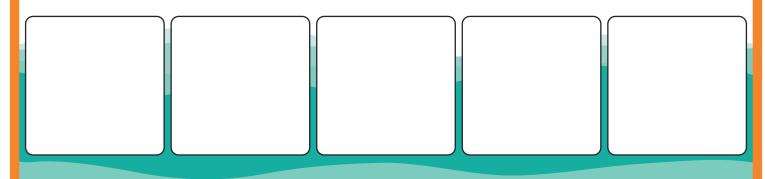
It's okay to be angry

When I'm angry I can...



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 $\boldsymbol{\alpha}$ 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



Play with a football



Use a breathing technique



Play with a basketball



Count to 10

