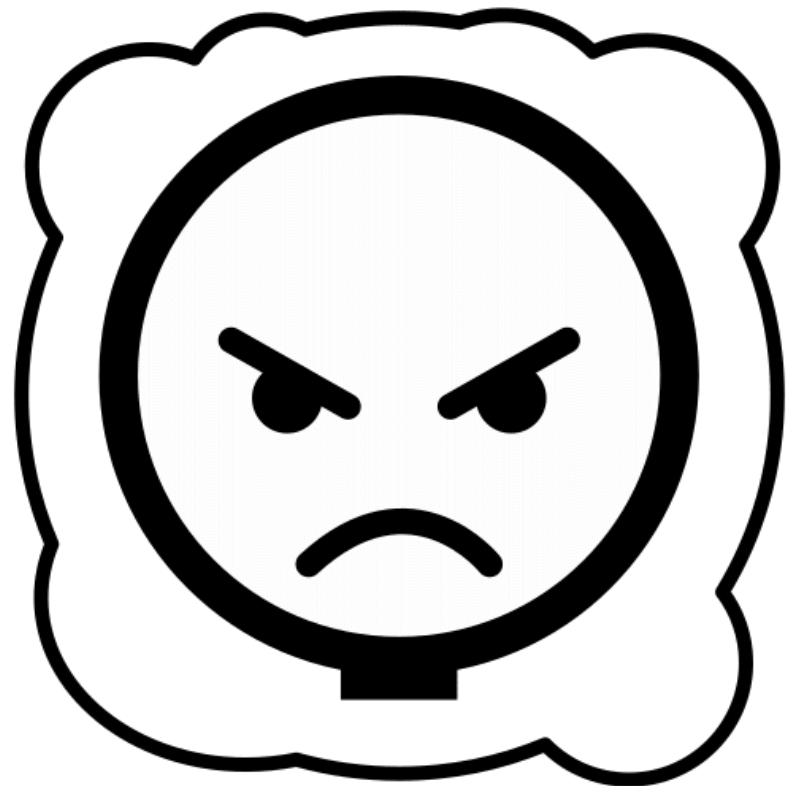
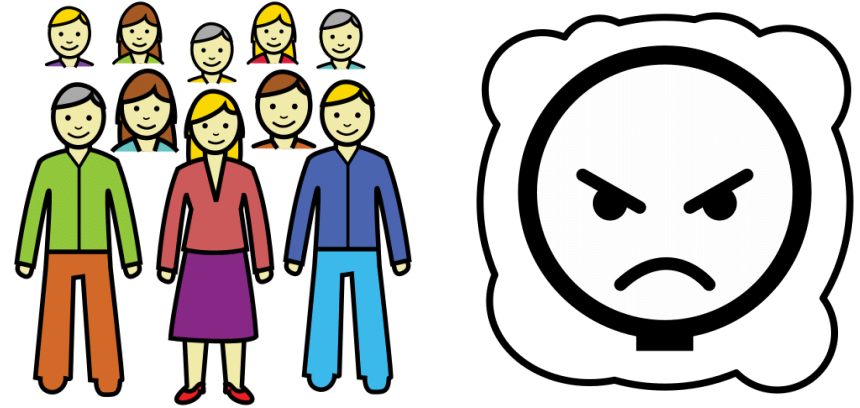


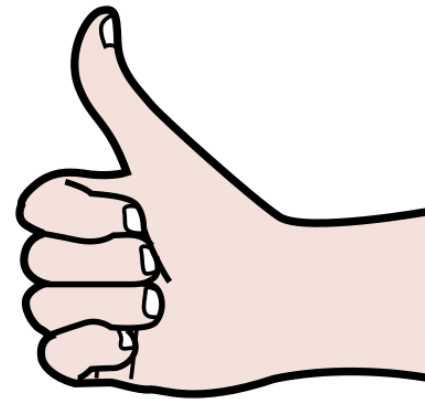
When I get angry



Everyone gets angry



getting angry is normal



But there are things I can't
do like...



shout



throw things



throw sand



hit or hurt
someone

If I do it, i'll bother others

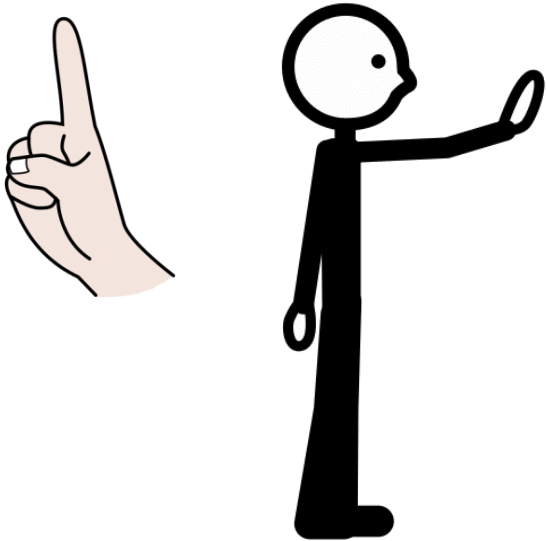


And they get sad...



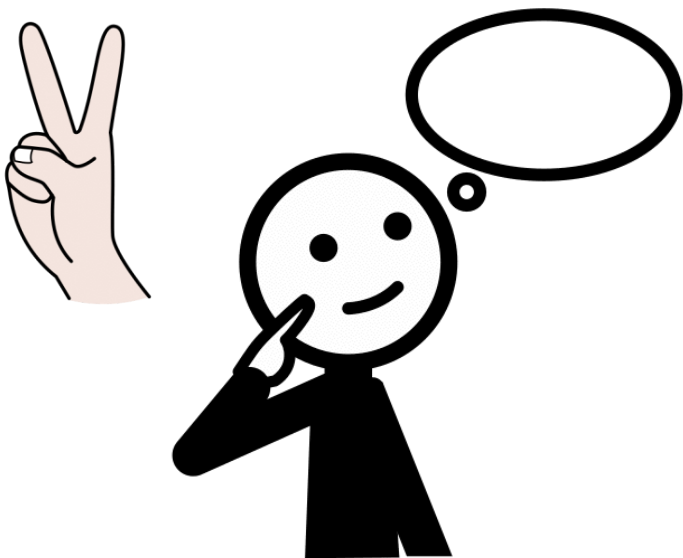
That's why I have to stop

1



And think about what things I
can do...

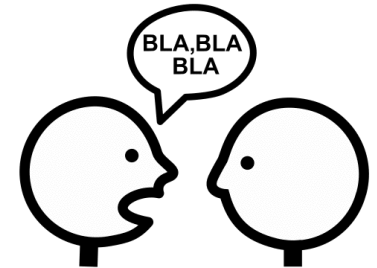
2



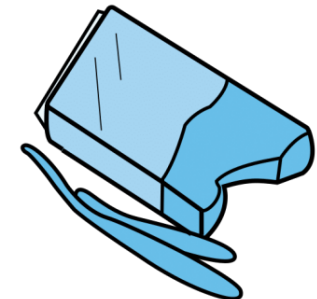
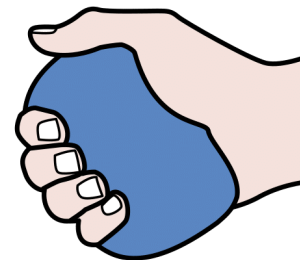
I can...



drink water

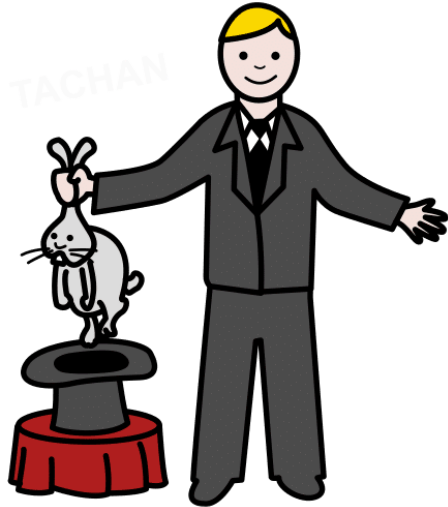


talk to
someone

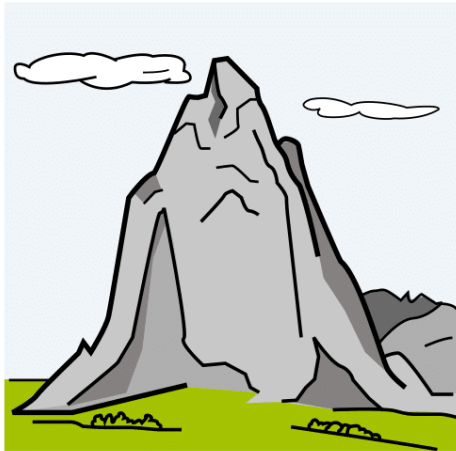


grab something soft like
play-doh

There's a really good
trick ...

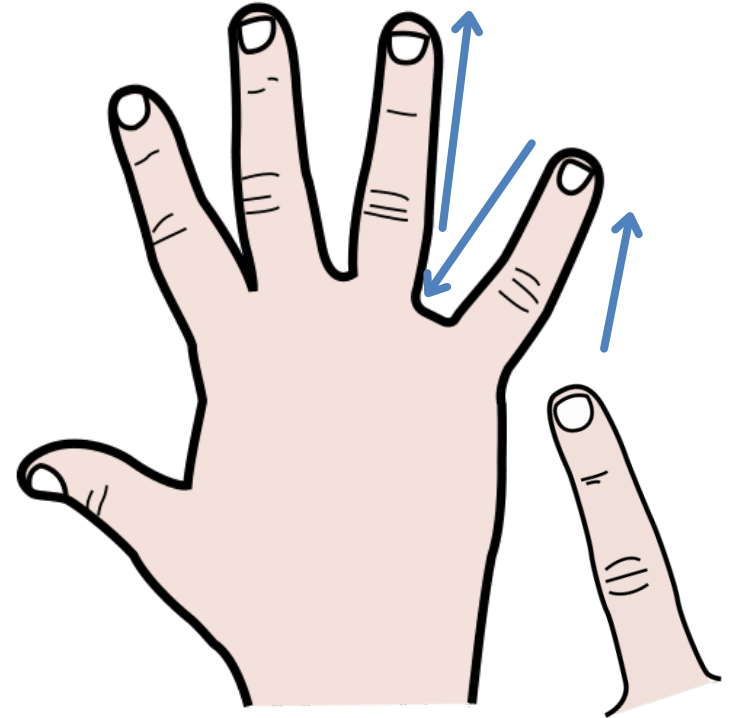


Which one?



THE MOUNTAIN TRICK!

I can use my hand to
help me breathe.



I climb the mountain
and take a breath of
air...

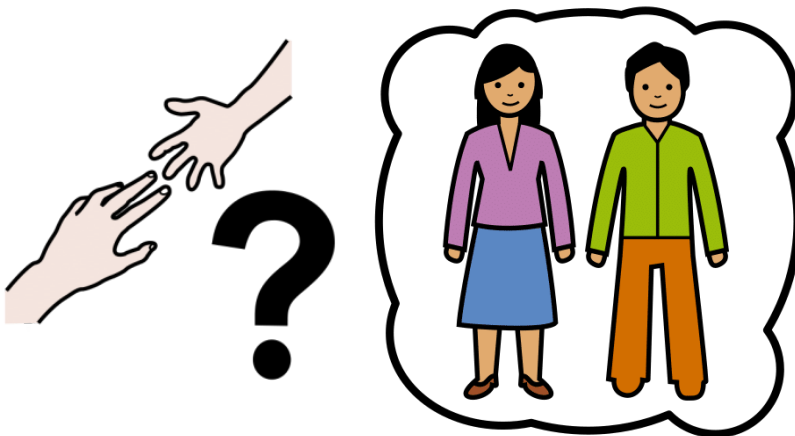


I go down the
mountain and I let the
air go.

It is best to do it in a quiet place.



and ask an adult for help



If we can relax without causing harm, we will feel much better.

