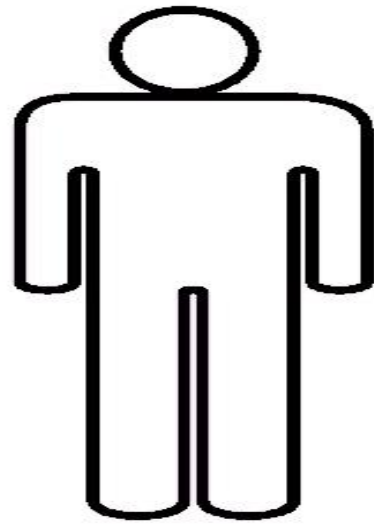


My name is...

anger

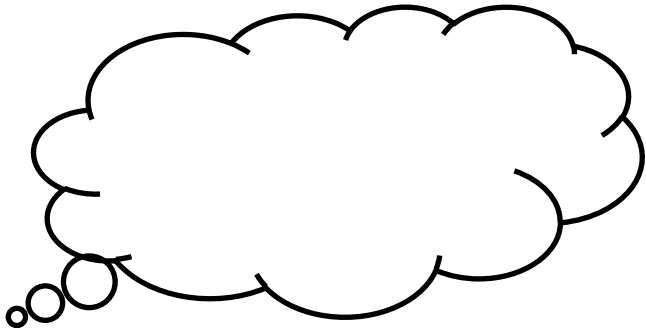


[Blank arrow-shaped box for writing a name]

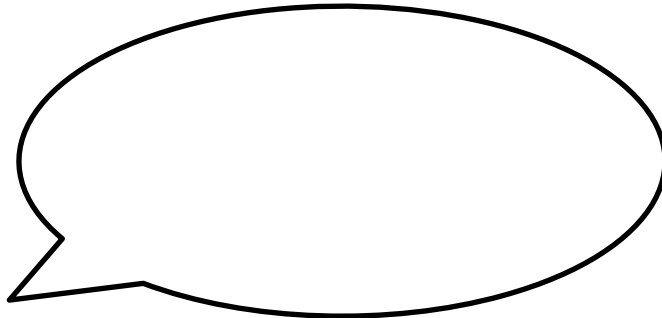
What does my body do when I am angry? How do I act? Write a sentence

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

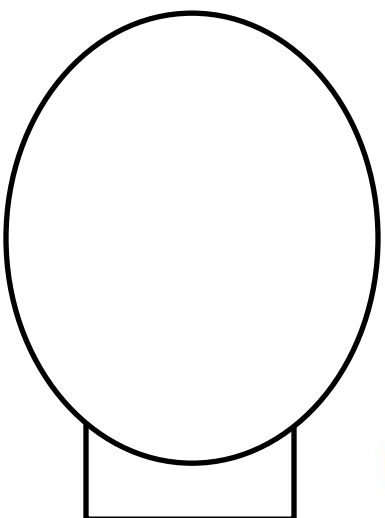
What do I think about when I am angry?



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?