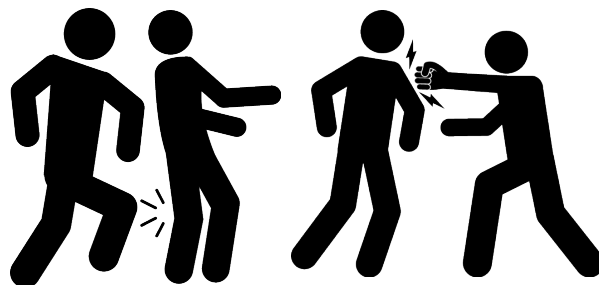




Sometimes, I get mad.



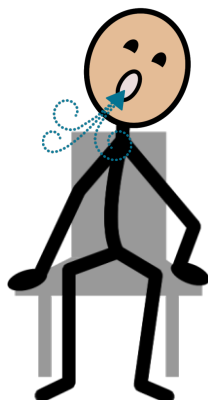
When I am mad,
sometimes I want to hit or
kick another person.



But hitting and kicking
someone might hurt the
other person.



Or it could make them
sad. It could hurt their
feelings.



So instead of hitting and
kicking, I will sit down and
take deep breaths. I will
practice ways to calm
down.



After I calm down, we will
talk about why I was mad.
We will use our nice
words.