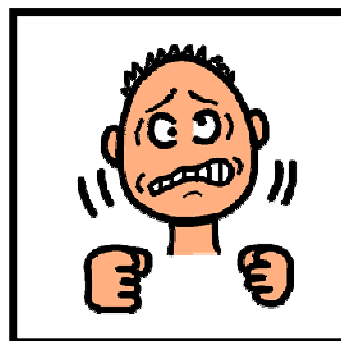
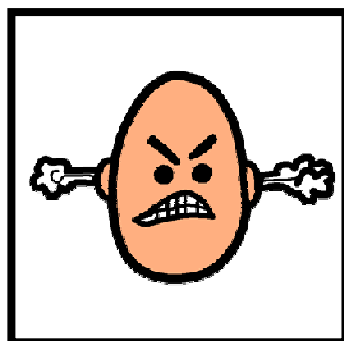
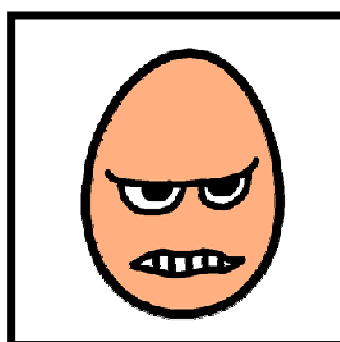
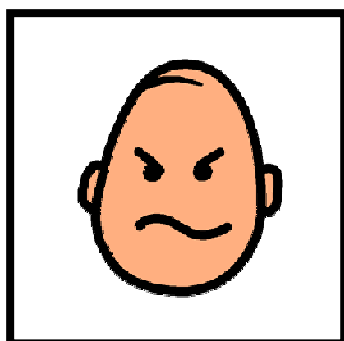


I FEEL FRUSTRATED!



I

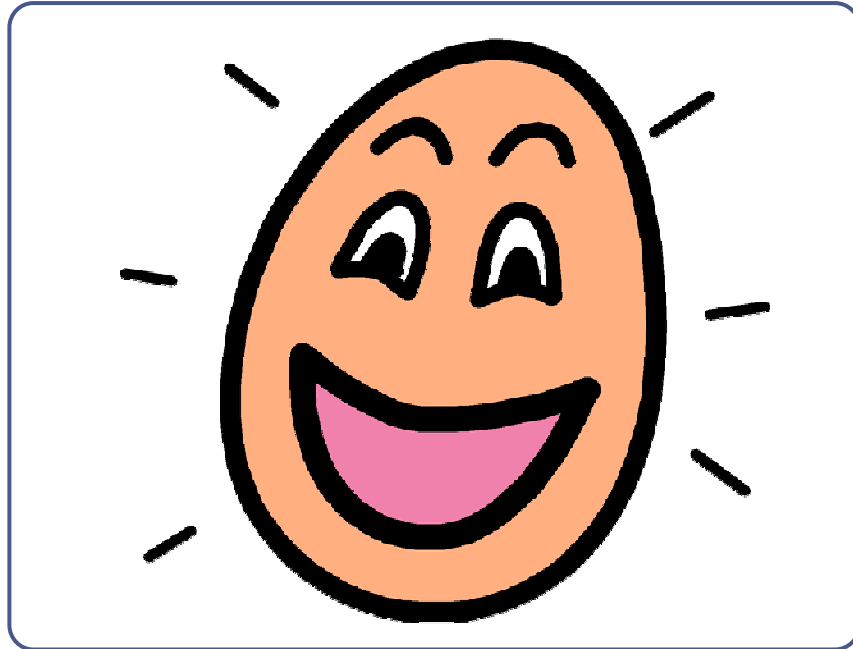





feel



upset

Usually, I feel happy!



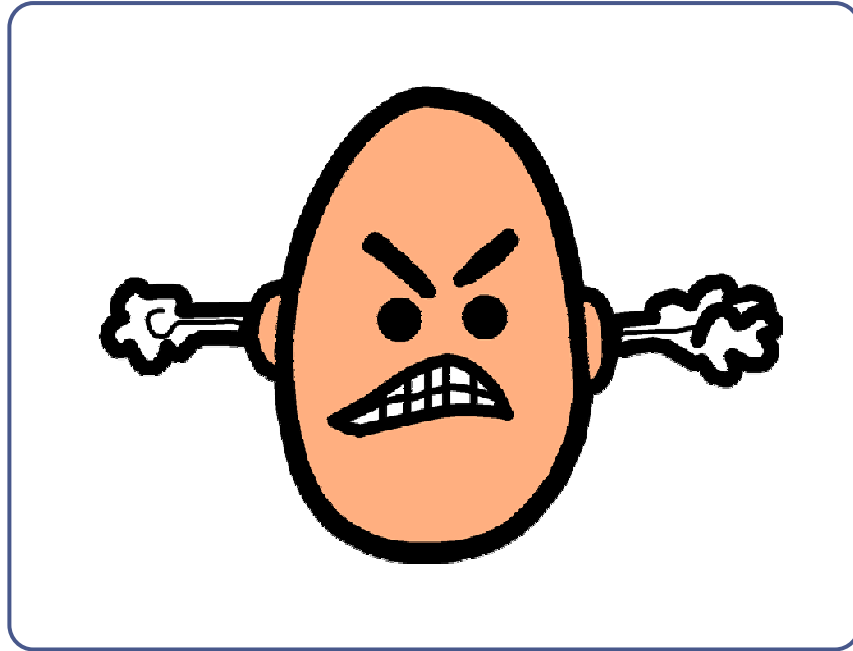
Usually,  **I**  **feel**  **happy!**








But sometimes I feel upset!



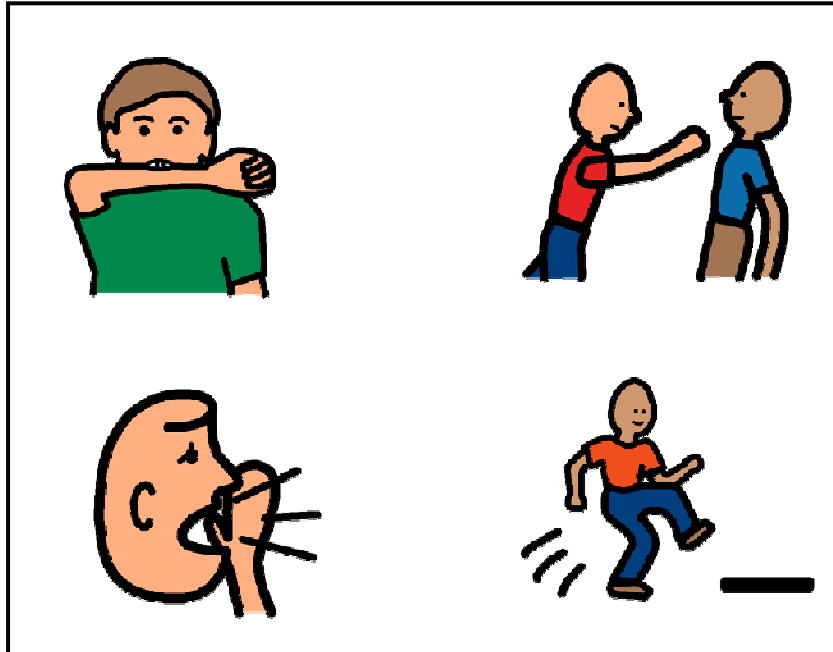
But sometimes I feel
 upset!

When I am upset, I can feel
angry or mad.



 **When**  **I** **—**  **am upset,**  **I**
 **feel**  **angry** **or**  **mad.**

I might want to bite, hit, yell
or stomp my feet.



I



might



want



to



bite



hit,



yell

or



stomp

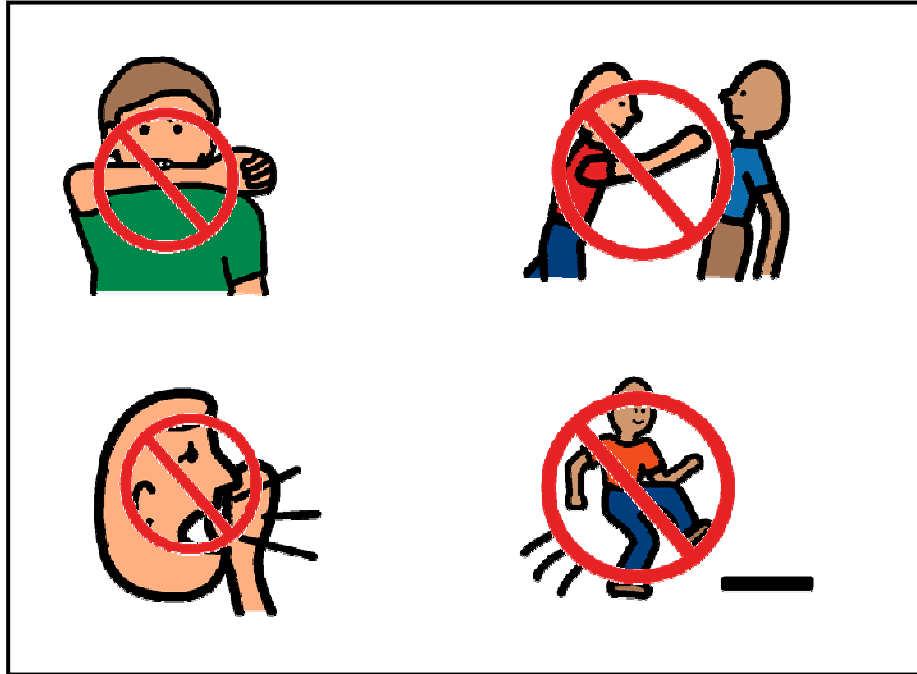


my



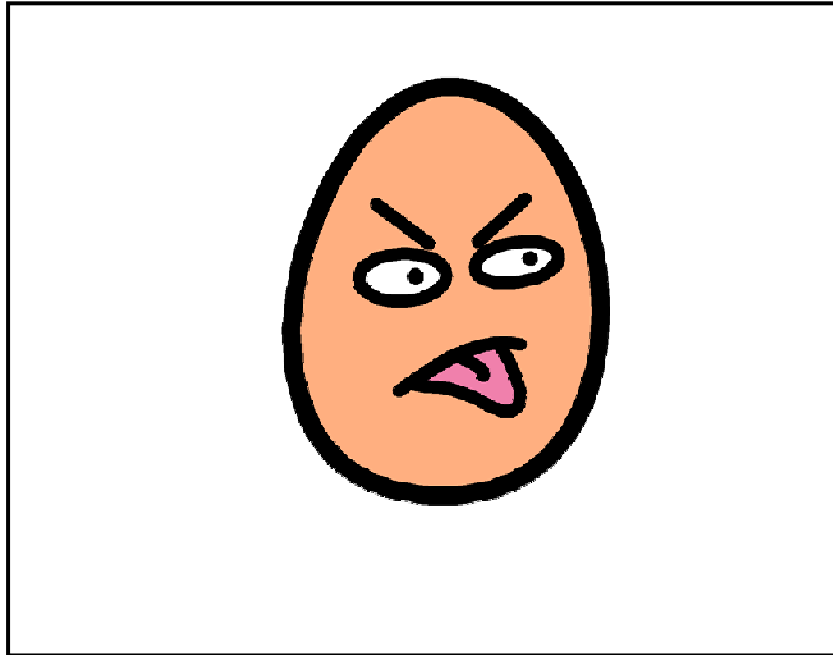
feet.









This is NOT okay.



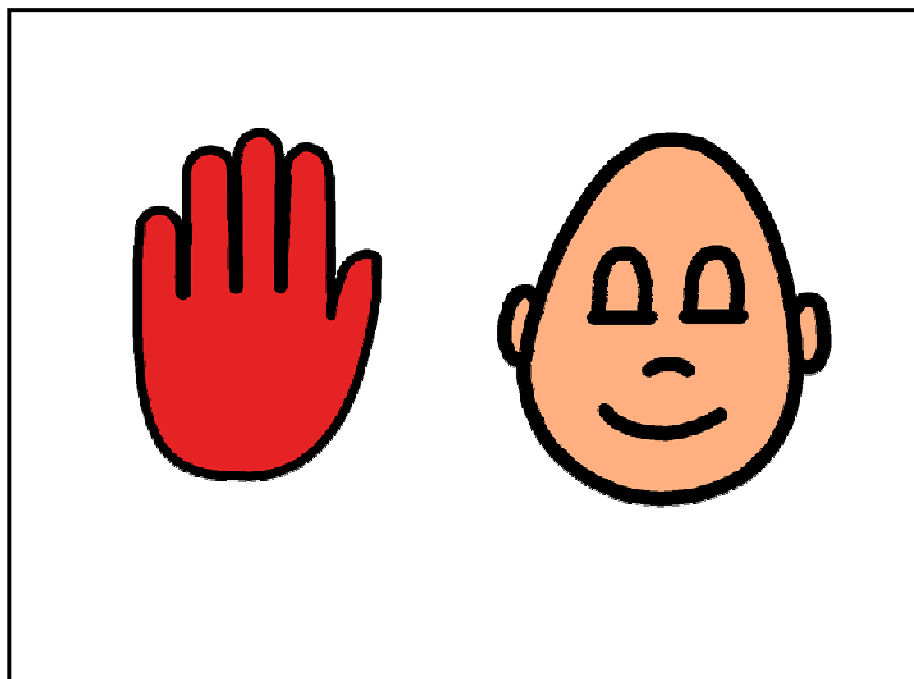
↓ — ⚡ ✌
This is NOT okay.

People do NOT like when I
behave like this.



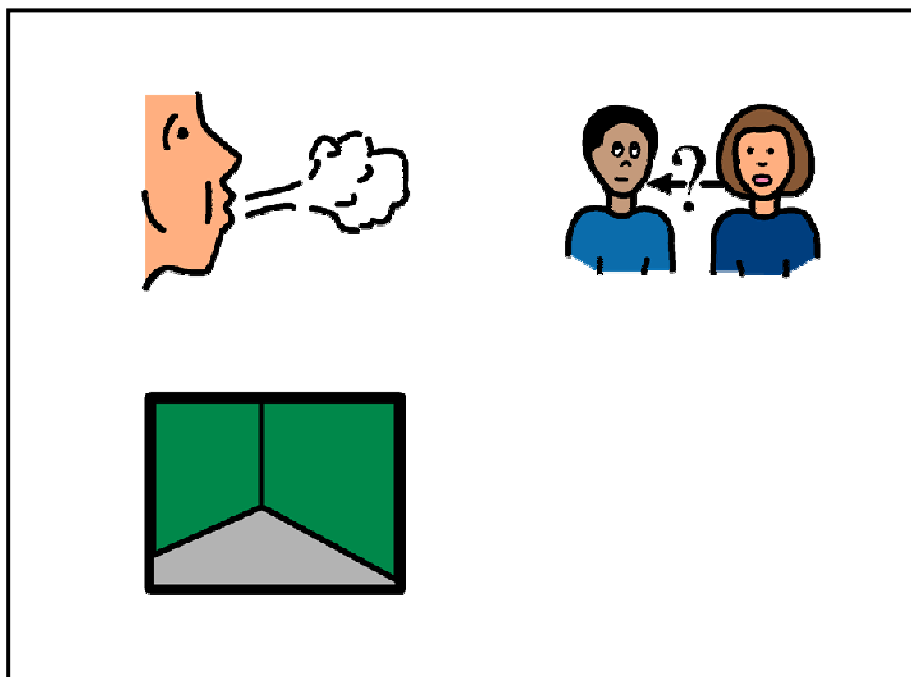
 **People**  **do**  **NOT**  **like**
 **when**  **I**  **behave**  **like**
↓
this.

It is OKAY to feel upset but I need to STOP and calm down.



It is OKAY to feel
upset but I need to
STOP & calm down.

I can take deep breaths,
ask for a break or go to a quiet
room.



I

can

take

deep

breaths,



ask

for

a



break



or

to

a

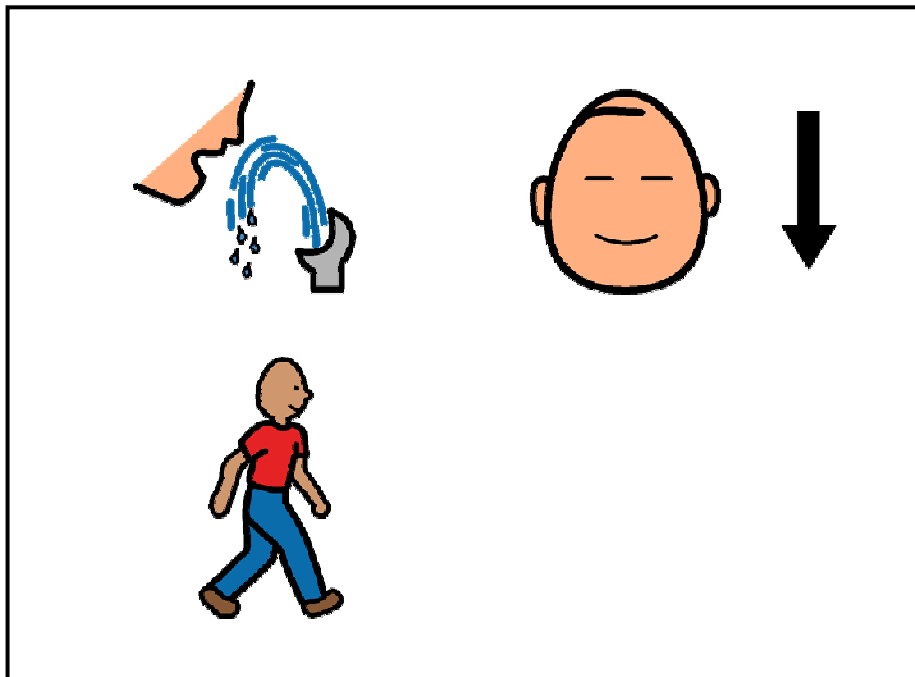













quiet



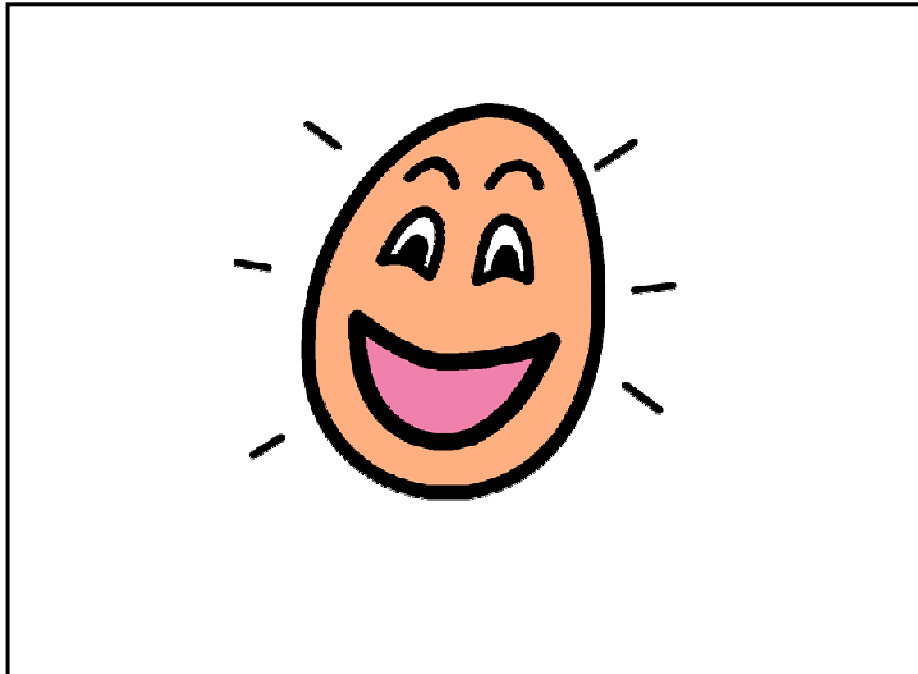
room.

I can get a drink of water, put my head down or go for a walk.



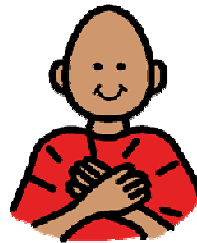
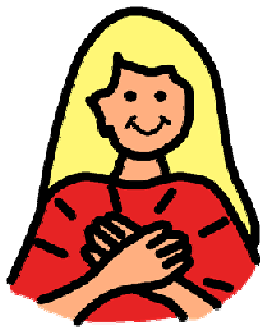
 **I**  **can**  **get** **a**  **drink** **of**
 **water,**  **put**  **my**  **head**  **down**
 **or** **go** **for** **a**  **walk.**

Soon I will feel happy again.



Soon I will feel happy
again.

I CAN KEEP MY BODY CALM!



I Can Keep My Body Calm!

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