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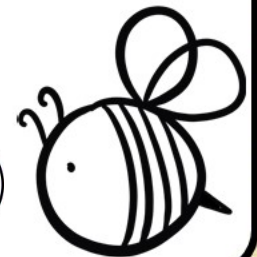
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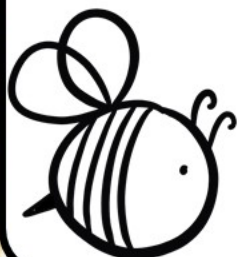




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STOP

**Calming
technique**

Reflect



Stop

- How does my body feel?
- What am I thinking?
- What am I doing or wanting to do?

**I AM
ANGRY!**

Calming technique

- Take some calming breaths
- Use a calming strategy
- Use self talk – is there another way of looking at this?
- Look for ways to solve the problem

Reflect

- Ask yourself – why was I angry?
- What did I do that worked?
- What could I have done differently
- Make a plan for next time



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