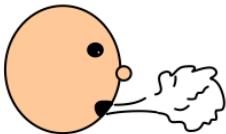
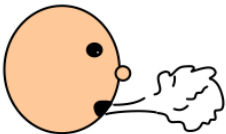
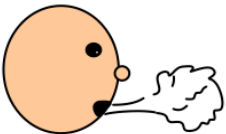
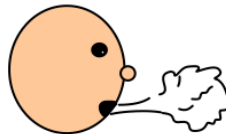


5 deep breaths

When you feel angry, take 5 deep breaths and tick each one off as you do them. This will help to calm you down.

1 	2 	3 	4 	5 