

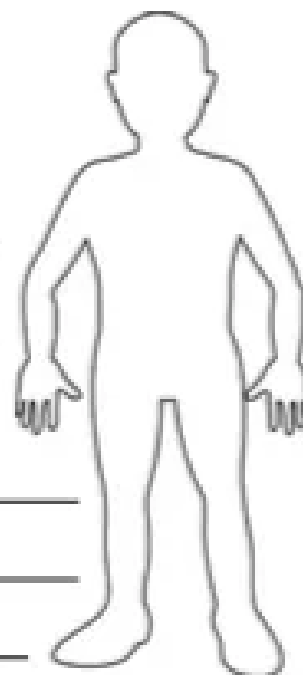
What is ANGER?



What does it look like?

HOW IT FEELS:

Write about it here:



Answer the questions above. Then, in the body on the right side, color the parts of the body red where you feel your anger.

FEELINGS

WHEN I'M ANGRY, I CAN...

safe

unsafe

In the spaces above, write or draw some safe or unsafe ways to handle your anger.

ACTIONS