



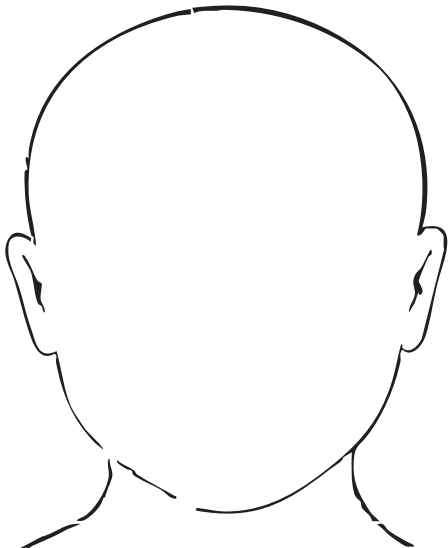
Name:

## My Anger Chart

What my body does when I'm angry

What I say when I'm angry

How I look when I'm angry



What I can do to calm down