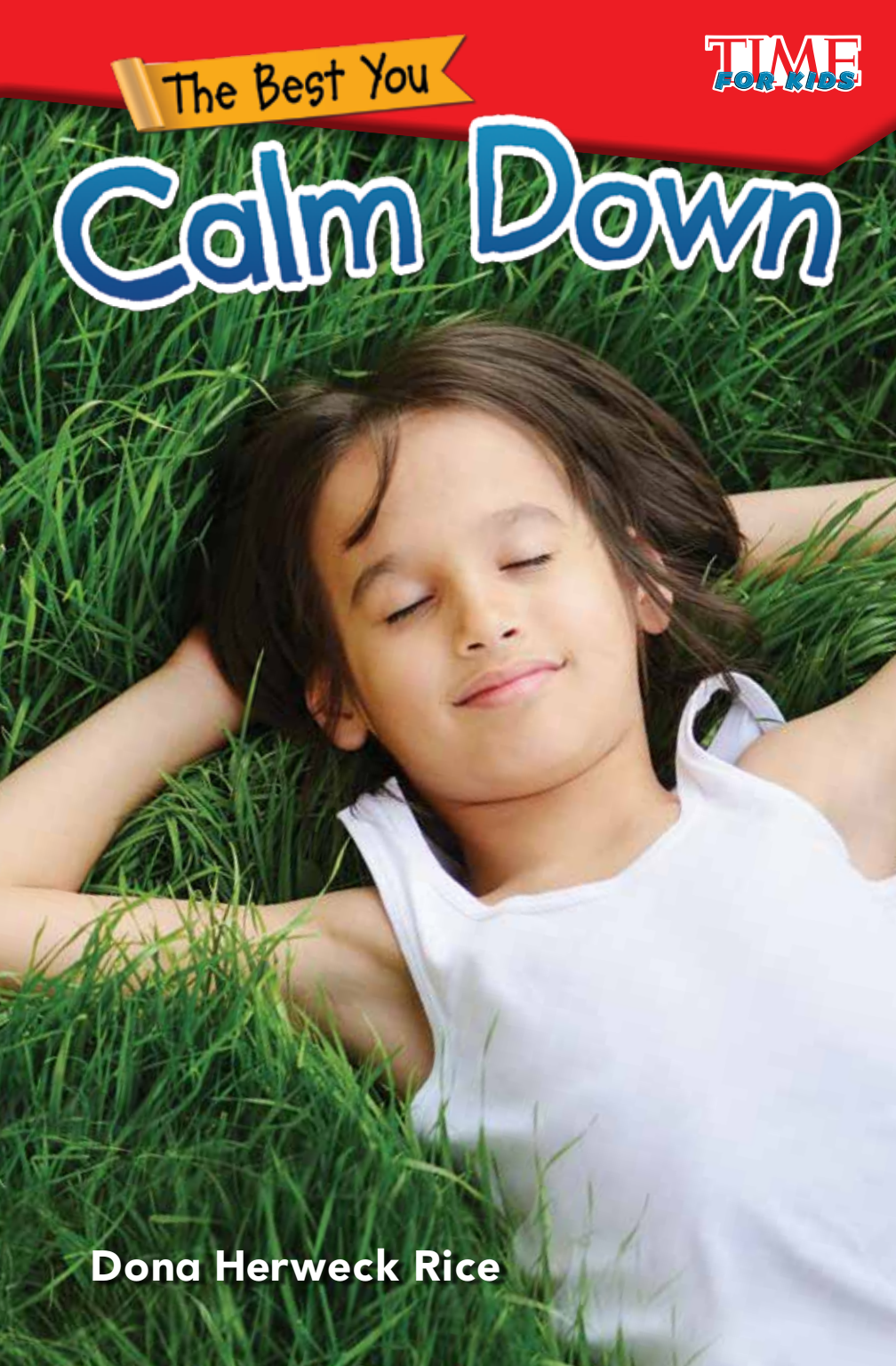

The Best You
TIME FOR KIDS
Calm Down
Dona Herweck Rice

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For Review Only



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Angry!

Your breathing speeds up and you feel **flushed** and warm.
Your hands close into fists.



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You want to yell.
What is happening to you?
You feel angry!



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In Charge

Everyone feels angry at times.
Anger is a normal feeling.
You can choose what to do about it.



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You are in charge of your feelings.
Your feelings are not in charge of you.



When you are angry, some choices make you feel better.
Some choices make you feel worse.

For Review Only



Having a **tantrum** is not okay.
You might hurt others.
What can you do to feel better?

For Review Only