

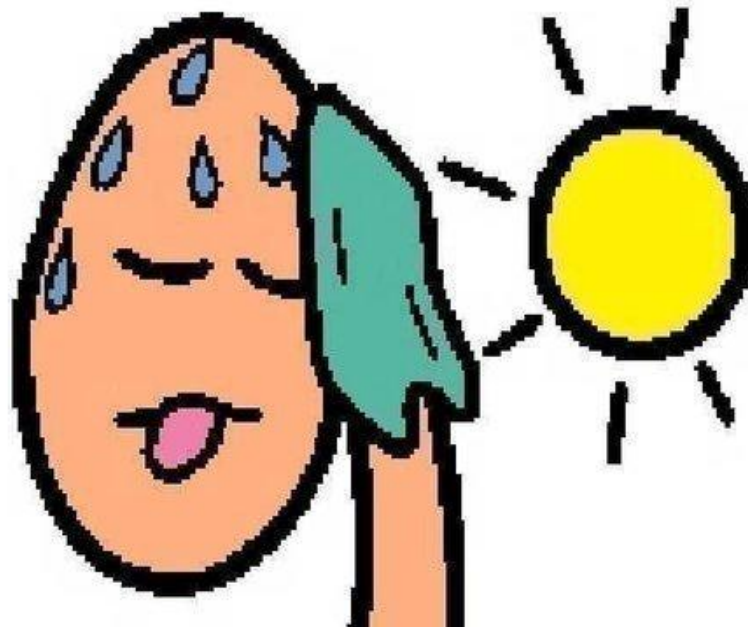
When I Am Angry.....



When I Am Angry.....



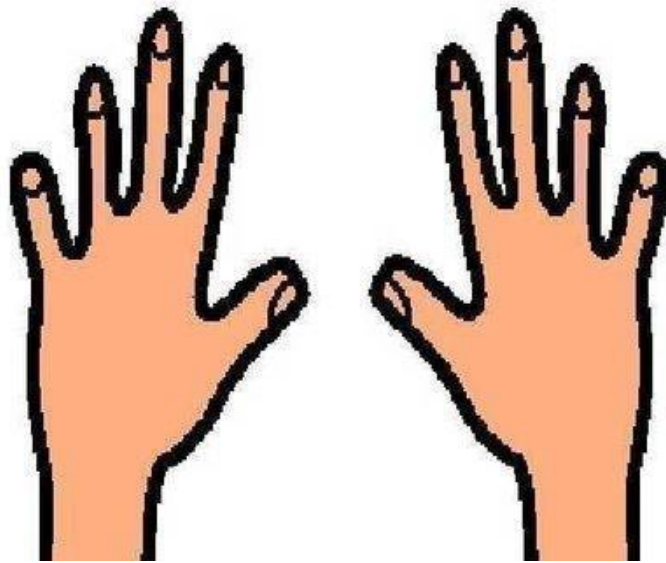
My face may feel hot.



**My Face may feel hot.**

2FaceMayFeelHot.mp3

My hands may feel sweaty.



**My hands may feel sweaty.**

3HandsFeelSweaty.mp3

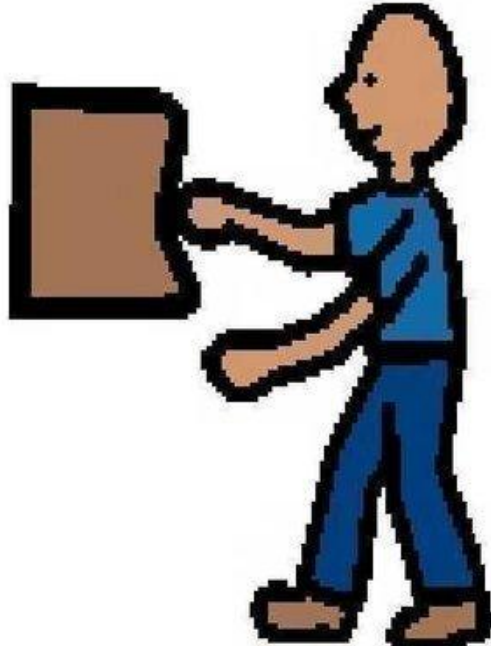
I may cry.



**I may cry.**

4IMayCry.mp3

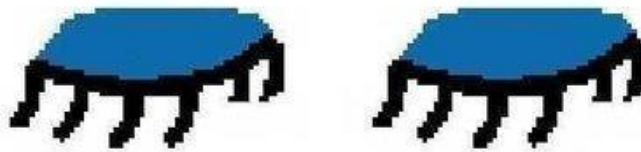
I may feel hitting.



**I may feel like hitting.**

5FeelLikeHitting.mp3

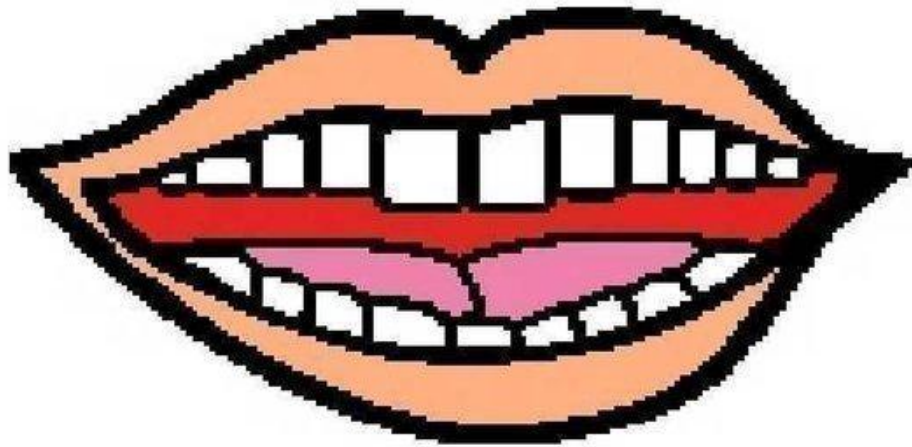
When I'm angry I close  
my eyes to calm down.



**When I am angry, I close my eyes to calm down.**

6CloseMyEyesCalmDown.mp3

I take deep breaths.



**I take deep breaths.**

7deepBreaths.mp3



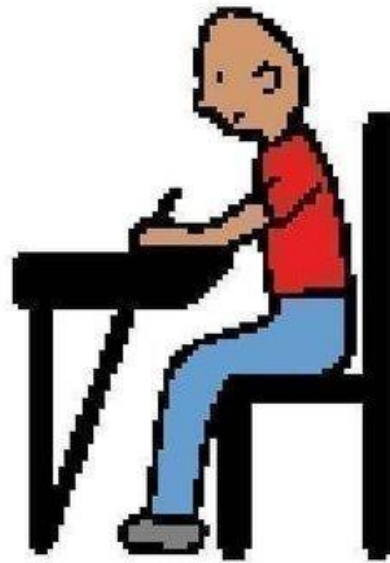
These things help me calm  
down.



**These things help me calm down.**

8ThingsHelpMeCalmDown.mp3

So I can go back to my desk and finish my work.



**So I can go back to my desk and finish my work.**

9BackToDeskFinishWork.mp3