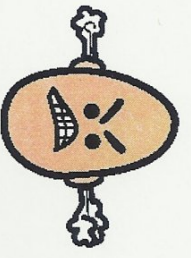


# Grades 4-5: Cooling Off When You Feel Angry



Notice you are feeling angry.



Say, "It's OK to feel angry.  
It's not OK to hurt anyone."



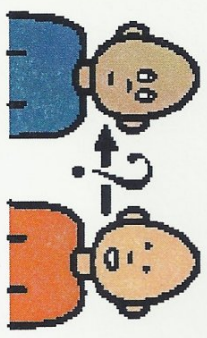
Choices



Burn it off.



Slow it down.



Ask to talk.



Do it.