

# K4-K5: Dealing with Feeling Angry



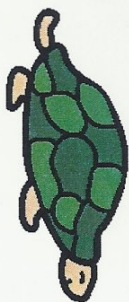
Notice you are feeling angry.



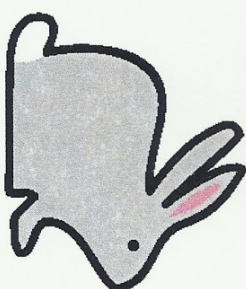
Say, "It's OK to feel angry.  
It's not OK to hurt anyone."



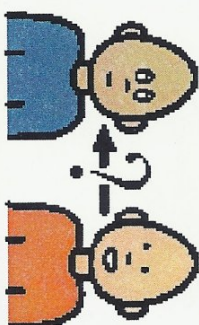
Choose



Turtle.



Rabbit.



Ask to talk.



Do it.