

3

Three things to do when



I

am mad



I

can count to 10



10



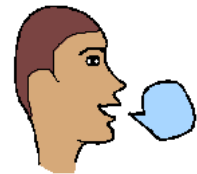
I

can squeeze my hands together



I

can use my words and



say



"I am mad"



I

know it will help me calm down.

