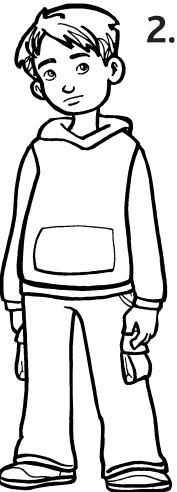
WHAT HAPPENS

1. When I get angry...

- my heart races.
- my face feels hot.
- my eyes hurt.
- my muscles get tight.
- I get sweaty.
- my hands turn into fists.
- I get a headache.
- my stomach hurts.



- 2. I feel better when I...
 - read.
 - exercise.
 - draw.
 - listen to music.
 - talk to a friend.
 - breathe deeply.
 - talk to a grown-up.
 - count to 10.
 - have quiet time.
 - take a walk.

We are a safe & caring school.

3. Now

ľm

calm.

OCTOBER

WHEN I GET

Y7

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