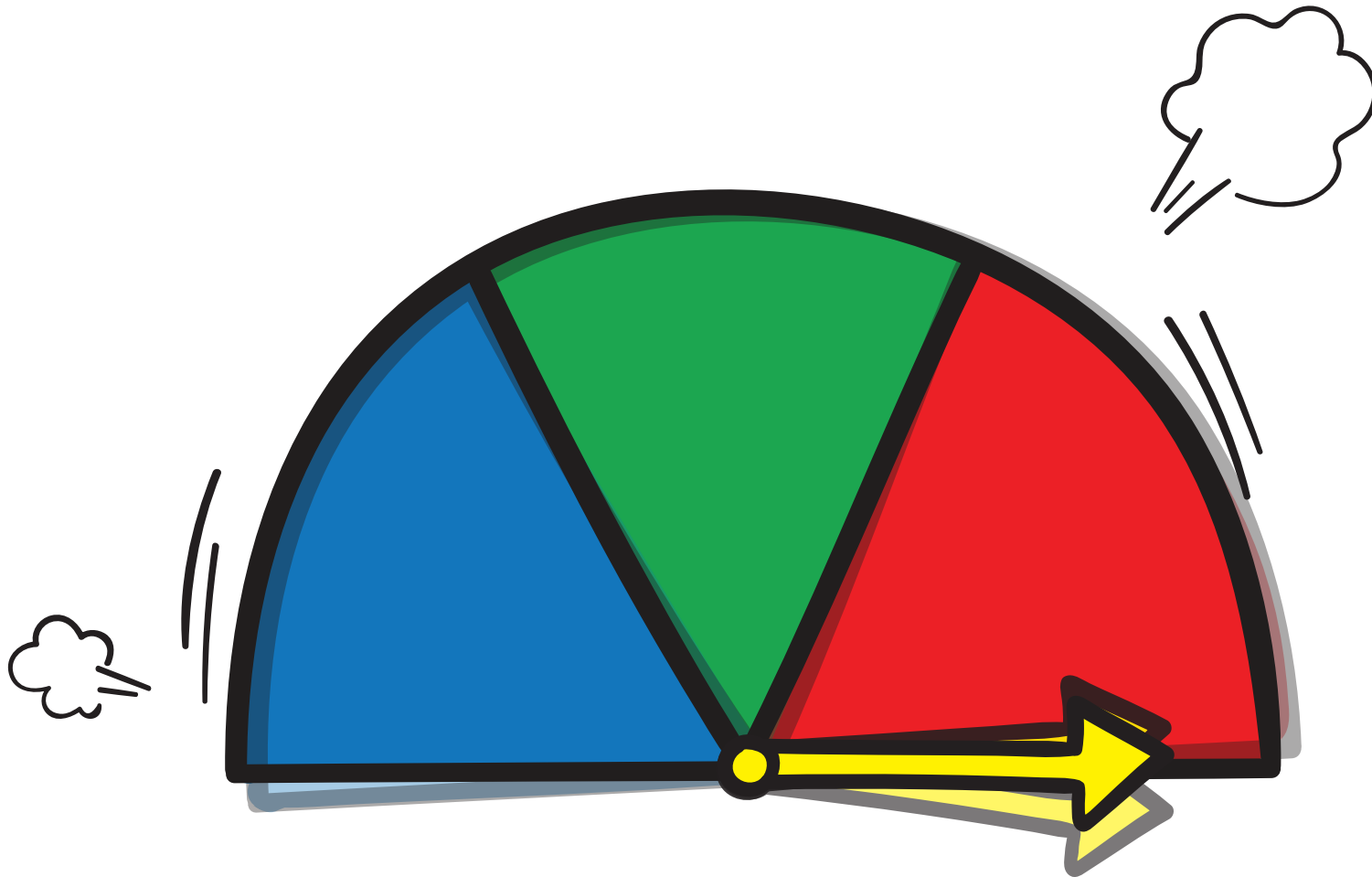


Sometimes I get angry. That's okay!



Everyone gets angry sometimes.

When I get angry, my engine runs
TOO HIGH!

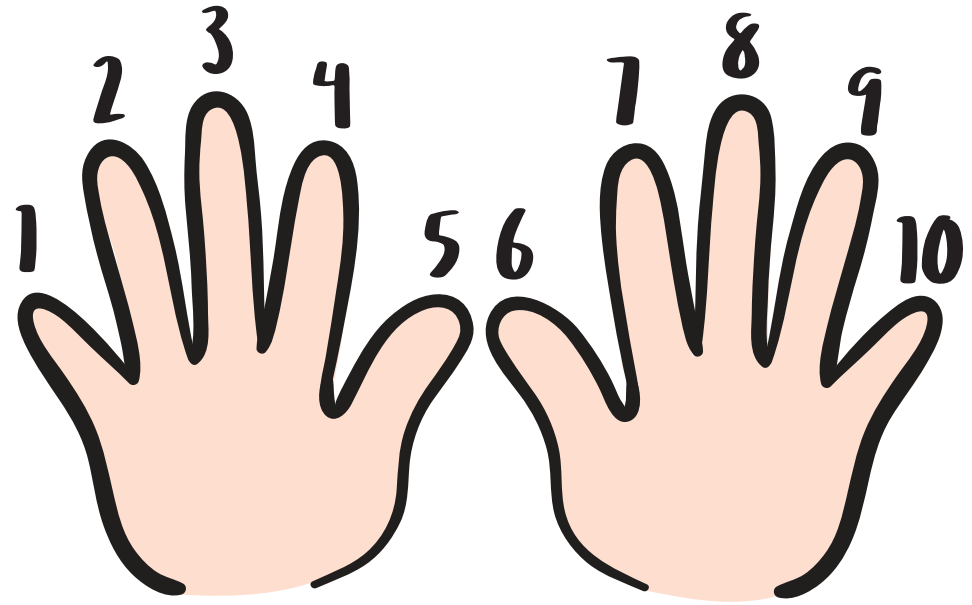


To bring my engine down to be just right, I can...

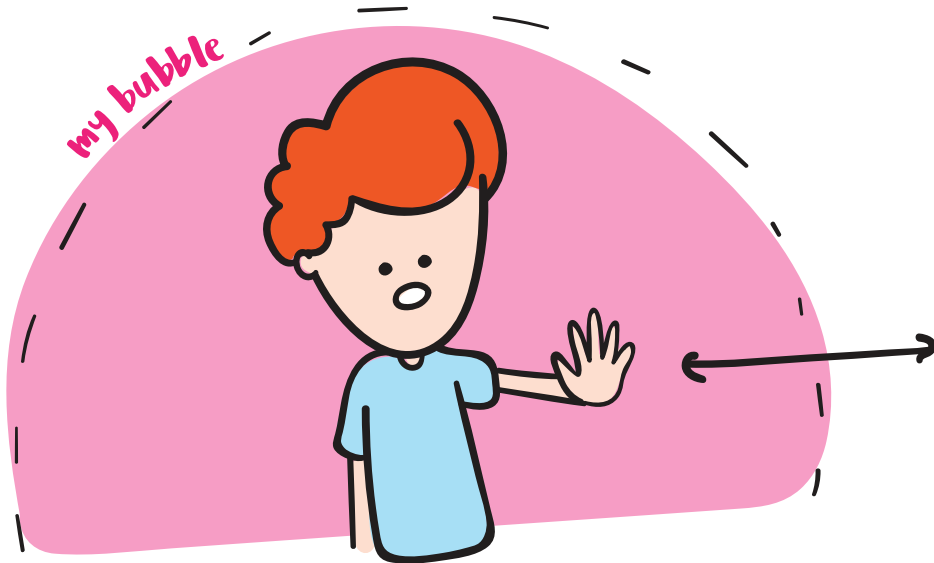
I can take deep breaths



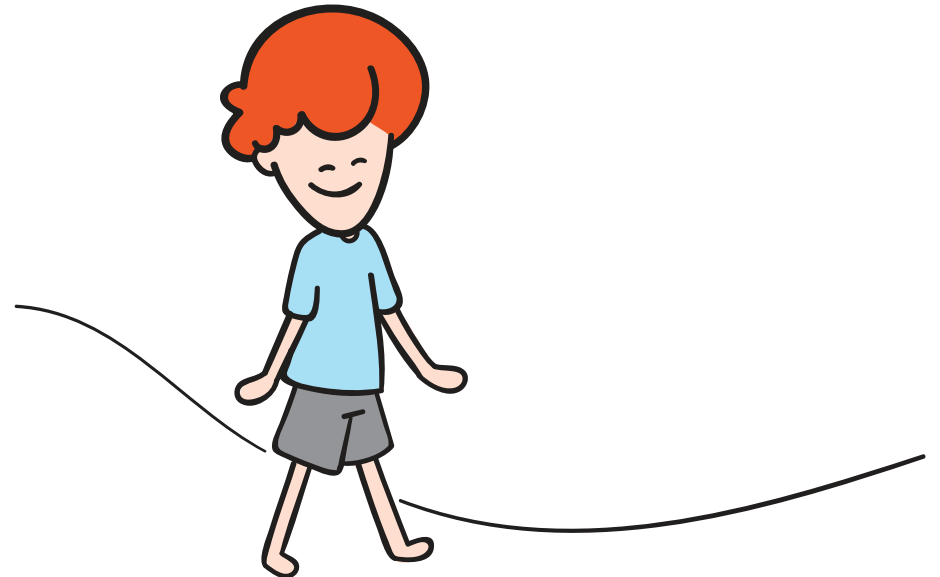
I can count to ten



I can ask for space



I can take a walk



I can ask for help



I can ask for squeezes



I can ask for hugs



I can talk about it to someone



Now I feel better!

