

# I CAN CONTROL MY TEMPER!



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Sometimes I get angry.



I may yell, say bad words, or call people names.



I may feel frustrated and not be able to say how I feel.



I may say, "No!" or not follow directions.

I may also try to leave the room.



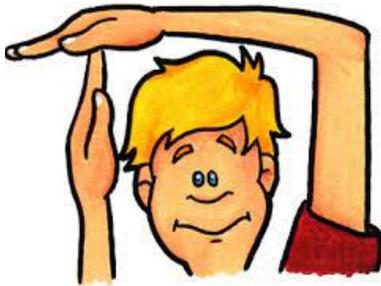
# I CAN CONTROL MY TEMPER!

There are other things that I can do to help me feel better when I'm angry.

I can slowly count to five.

5

five



I can ask to take a break or ask for a time out from the situation.

I can take a deep breath in and blow it out slowly.

## Take a Deep Breath

Smell the flower



Blow the pinwheel



# I CAN CONTROL MY TEMPER!

There are more tools that I can use.

I can use my words and talk to a teacher.



I can squeeze play-doh.

I can give myself a hug.



# I CAN CONTROL MY TEMPER!

When I use my tools, I feel better.



Everyone is safe  
and  
I feel proud!



Controlling my temper is  
hard, but I can do it!

I can do this

Now let's practice!