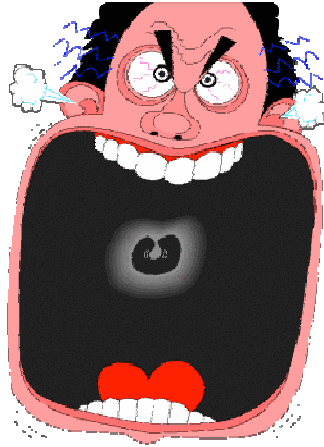


"FEELING ANGRY?"



**REMEMBER.....
IT'S OKAY TO FEEL ANGRY**

**IT'S OKAY TO....
GO FOR A WALK & COOL DOWN
WRITE YOUR FEELINGS DOWN
TALK ABOUT YOUR FEELINGS
GET ANOTHER POINT OF VIEW**

**IT'S NOT OKAY TO....
RAISE YOUR VOICE
YELL
SWEAR
CALL NAMES
MAKE RUDE OR ANGRY GESTURES
ORDER SOMEONE AROUND
PUSH OR HIT**



**"BE KIND, REMEMBER EVERYONE YOU
MEET IS FIGHTING A HARD BATTLE"**

T.H.Thompson