



THE CALM FOLK

MY ANGER THERMOMETER

WHAT I MIGHT DO

WHAT I FEEL LIKE

WHAT I CAN DO

THROW THINGS
KICK THINGS
SCRATCH

YELL
SHOUT

STOMP
LOUD VOICE
SNAP

SIGH

PLAY
READ

BE KIND

5

4

3

2

1

CALM

JUMP UP AND DOWN ON THE
SPOT
YELL INTO A PILLOW

SHRED PAPER
SCRIBBLE ON PAPER

TAKE DEEP BREATHS
SQUEEZE & RELEASE



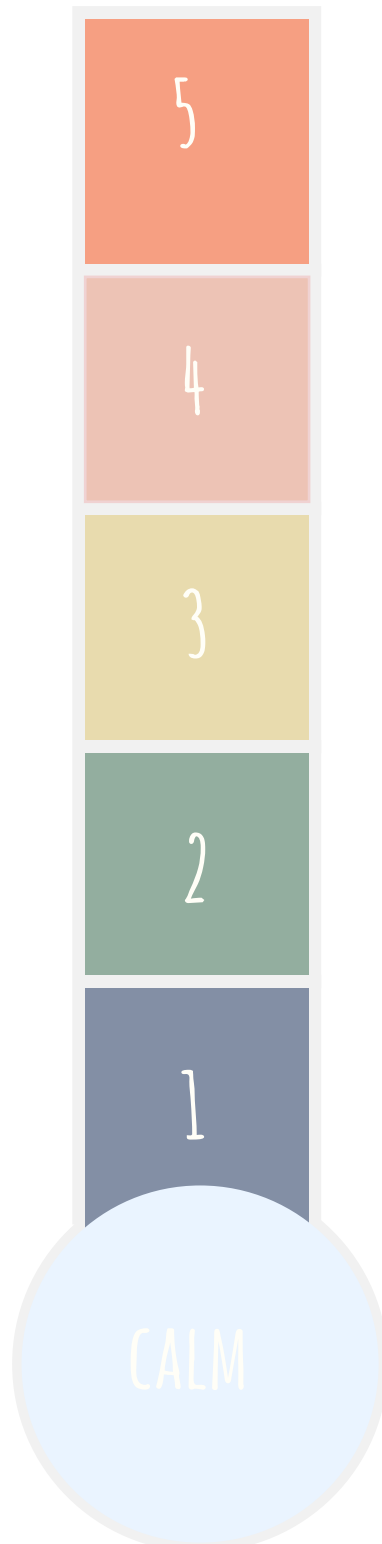
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