

Take a big breath
And let it out softly
Take another breath
Count to ten slowly
1, 2 I still feel angry
3, 4 I'm still a little cranky
5, 6 my body is calming
7, 8 now I am relaxing
9, 10 I feel better finally

Sometime I need to take a break
Sometimes I just need to stop what
Im dong
Sometimes I just need a hug to show
me
Everything's okay
To help my angry feelings go away