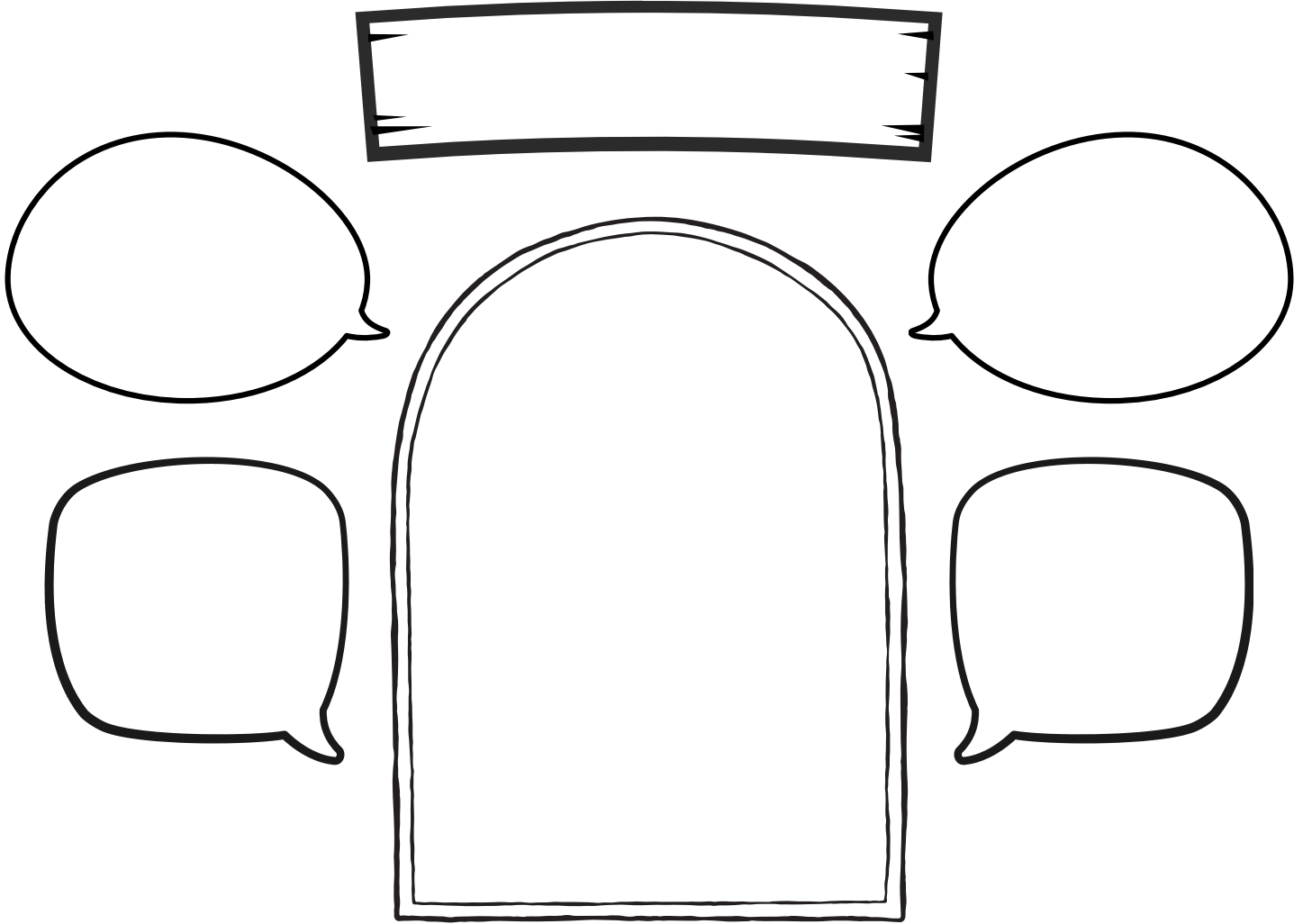


# Name My Anger

Giving your anger a name can be a helpful way of coping with your mad feelings! Name and draw your anger and write down some of the things it says to you.



What are some things you can say back?

