



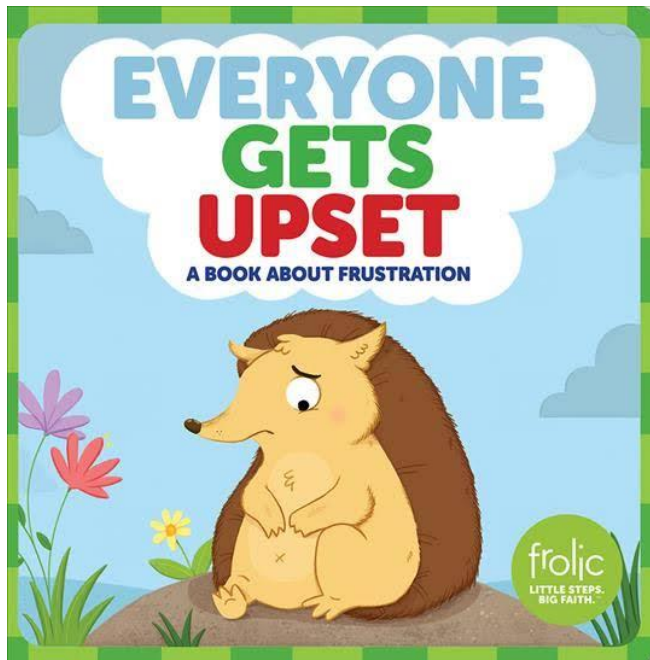
**Everyone**



**Gets**



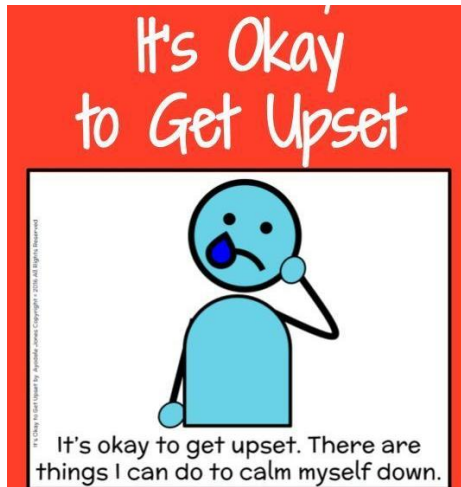
**Mad**



Everyone gets upset sometimes.



It is OK to get mad.



It is not ok  
to hurt  
yourself.

It is not ok  
to hurt  
others.

It is not ok  
to hurt  
things.



# WHAT TO DO WHEN YOU GET UPSET

1. Sit down



2. Safe hands



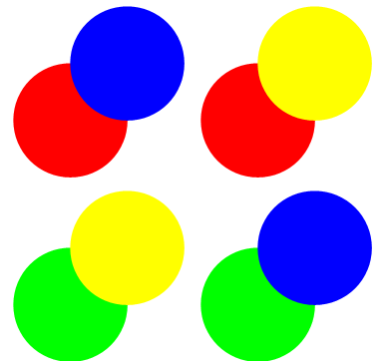
3. 5-finger breathing



4. Check body



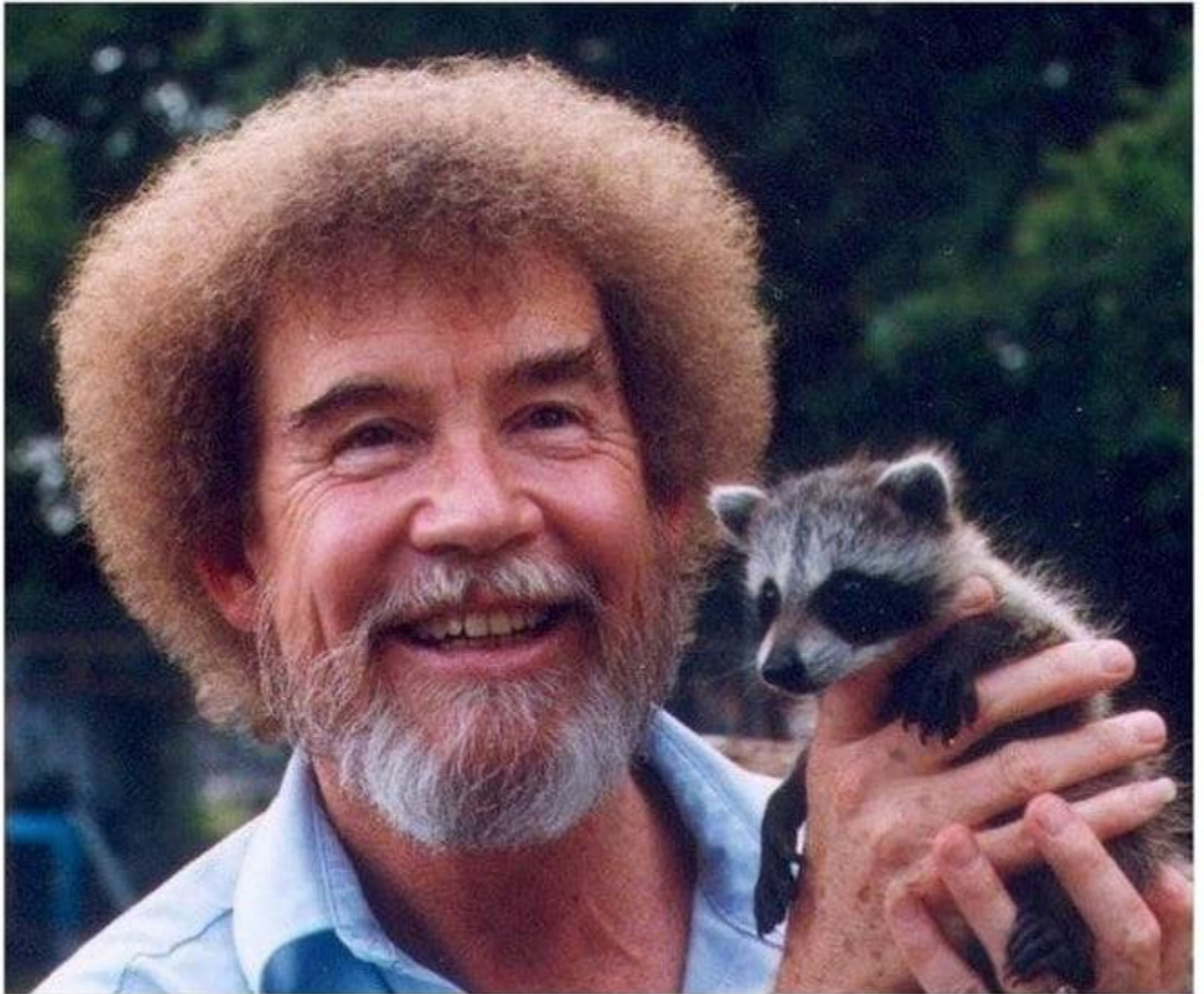
If calm, ask for help



If still upset, repeat #3

5. Now your Staff can help you

Here's Bob Ross holding a baby raccoon to brighten your day.



# THANK YOU for practicing!

Now you know  
what to do when  
you're mad.



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# The End