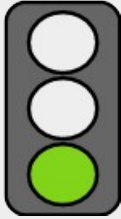




Red Light: Anger!

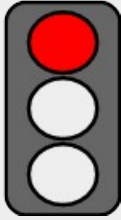


Anger can begin small and become larger if we let it.

When you are only a little bit angry, you may not realize your anger is growing. You might feel a little bit different, but it's not so important. You can usually carry on, like a green traffic light.

What do you think your anger looks like when it's still very small? Draw it below.

A large, empty rectangular box with a thin black border, intended for the user to draw their perception of small anger.



Red lights are feelings in your body that tell you when your anger is growing too big.

You might start noticing these red lights even while you're first becoming angry. When you start to feel these red lights, slow down and stop. You can take charge if your angry feelings before they get any bigger.

What do you think your anger looks like when it's very large? Draw it below.

A large, empty rectangular box with a thin black border, intended for the user to draw their perception of large anger.



An **Anger Stop Sign** is a signal that your body makes when your anger is still small. When you start to notice your anger stop signs, you can slow down and **STOP** before it gets any bigger. What are your anger stop signs? Write them in the traffic light!

I start to sweat	My voice gets louder	I start shaking
My heart beats faster	I feel hot	I want to throw something

