

When I'm Feeling Angry

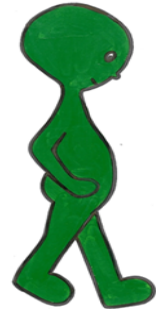
Sometimes people do or say things that are not very nice. This can make me feel angry.

But I know I can use my Bridge Road Buddies to help me feel better.

I can use Sammy Stop and tell the person I don't like what they are doing



I can be like Wally Walker and move away



I can use Benny Breath and take a deep breath and count slowly



I can keep it small like Stevie



I know that everyone gets angry sometimes, but with the help of my Buddies I can keep it small and move on!