



I can see what anger looks like.  
I can discuss and describe triggers of anger.  
I can describe and discuss things that calm me down

Here are some of the triggers of my anger:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

These are the ways I can think of to calm down:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_