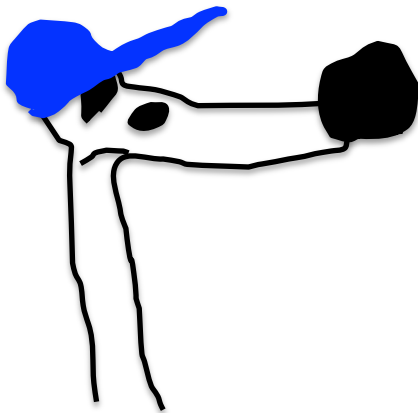




Worksheet #1 (George G.)

Draw a picture of yourself when you're very angry.
Then write three things you can do to be less angry.
Use George G.'s example below.



punch pillow
breathe
read
