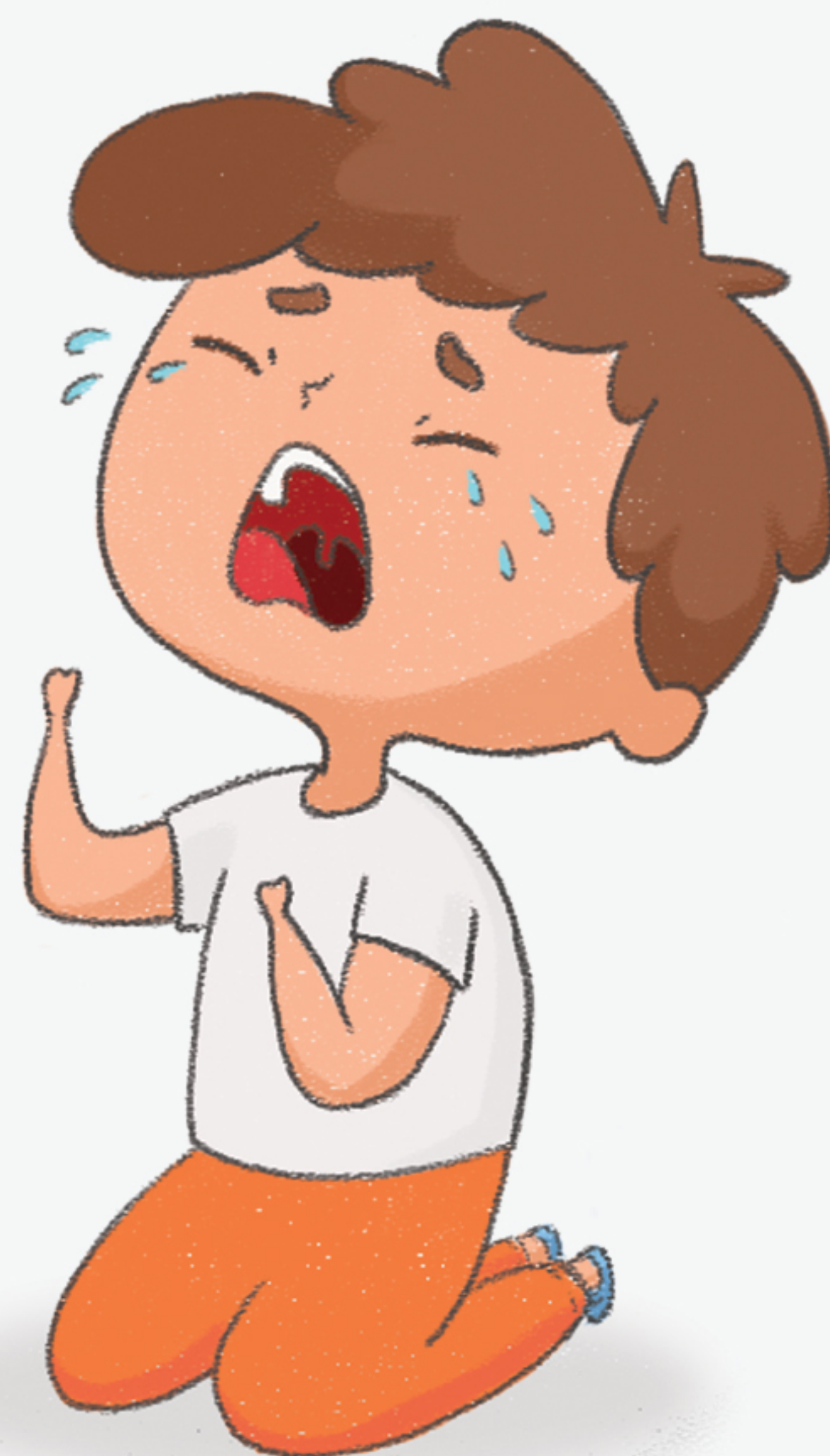


1



Sometimes when I get angry, I pull my brother's hair.

2



This hurts my brother and makes him sad.

3



When I feel like pulling hair, I need to stop.

4



I will hold my hands together.

5



I will take three big breaths
This helps me stay calm.

6



Mommy is happy when I am calm.