A	N	G	E	R
Teasing	Anxiety	Fighting	Relaxation Techniques	Not Belonging
Explore Alternatives	Talk It Out	Physical Illness	Clenched Fist	Recognize Anger Cues
School Problems	Thoughts of Getting Even	**FREE**	Clenched Jaw	Learn Triggers
Listen	Sadness	Loud Voice	Jealousy	Perceived Unfairness
Go for a Walk	Exercise	Positive Self-Talk	Time Out/Leave	Fear

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A	N	G	E	R
Thoughts of Getting Even	Clenched Fist	Relaxation Techniques	Explore Alternatives	Physical Illness
Fighting	Time Out/Leave	Not Belonging	Exercise	Recognize Anger Cues
Listen	Clenched Jaw	**FREE**	Learn Triggers	Anxiety
Jealousy	Positive Self-Talk	Teasing	Fear	Sadness
Loud Voice	Perceived Unfairness	School Problems	Talk It Out	Go for a Walk

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A	N	G	E	R
Exercise	Positive Self-Talk	Clenched Fist	Perceived Unfairness	Clenched Jaw
Teasing	Listen	Loud Voice	Talk It Out	Not Belonging
School Problems	Fear	**FREE**	Sadness	Jealousy
Thoughts of Getting Even	Recognize Anger Cues	Relaxation Techniques	Time Out/Leave	Fighting
Learn Triggers	Anxiety	Physical Illness	Explore Alternatives	Go for a Walk

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