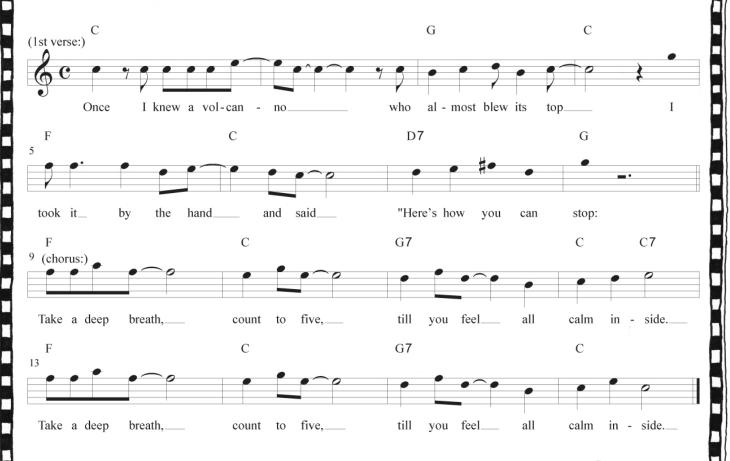


## Take a Deep Breath



(If you feel angry, count to five, and sing this slow, soothing song, to help those feelings go away.)

The Committee for Children



X

(2nd verse:)

When someone makes you angry And you don't know what to do Just turn around and walk away The rest is up to you. (3rd verse:)

Talking to your mom
Or talking to your dad
Can make you feel much better
When you're feeling mad.





