

Good Choices

 thumbs down	<p>Circle the pictures of <u>GOOD</u> (thumbs up) choices to help you when you are angry or frustrated.</p>	 thumbs up	
 kick someone	 count to ten	 hit someone	 take a break
 deep breaths	 hit self	 scream	 squeeze Play Doh
 cry	 do push 5's	 pound fist	 ask for help
 blow bubbles	 chew gum	 jump	 squeeze koosh ball

Visuals provided by VizZle™ (www.govizzle.com)