



THIS IS
ANGER

How many times
can you color

ANGER?

I colored Anger times!



1



2



3



4



5



6



7



8



9



10

What can I do when I feel Anger?



Step 1: Cruise

Notice what is
happening in
your body



Step 2: Choose

Take a moment
and consider
choices



Step 3: Do

Try a healthy
next step



Explore social emotional support
tools, activities, and children's
stories at obikabooks.com

Cruise Choose Do™

