

What causes the mood swings I feel?

Some of the different emotions I feel are:

How do I react to these feelings?

Some ways I can cool down are:

What are the best ways to handle anger?

Build _____

Not _____!

Cut out double trapezoid book as one piece. Valley fold both bottom flaps up, then valley fold both top flaps down. Fold left side over right. Cut out and glue graphic to cover.

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