

CALM DOWN **ANGER** WITH YOGA



I AM AN ELEPHANT

I CAN BEND OVER AND
RELEASE MY ANGER.



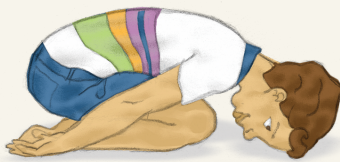
I AM A JACKAL

I CAN EXHALE AND LET GO
OF MY FRUSTRATIONS.



I AM A CROCODILE

I CAN FEEL MY BODY
CALMING DOWN.



I AM A HIPPO

I AM "OKAY". I AM
SURROUNDED WITH LOVE.



I AM A LION

I AM SAFE. I CAN FEEL MY
WHOLE BODY RELAXED.