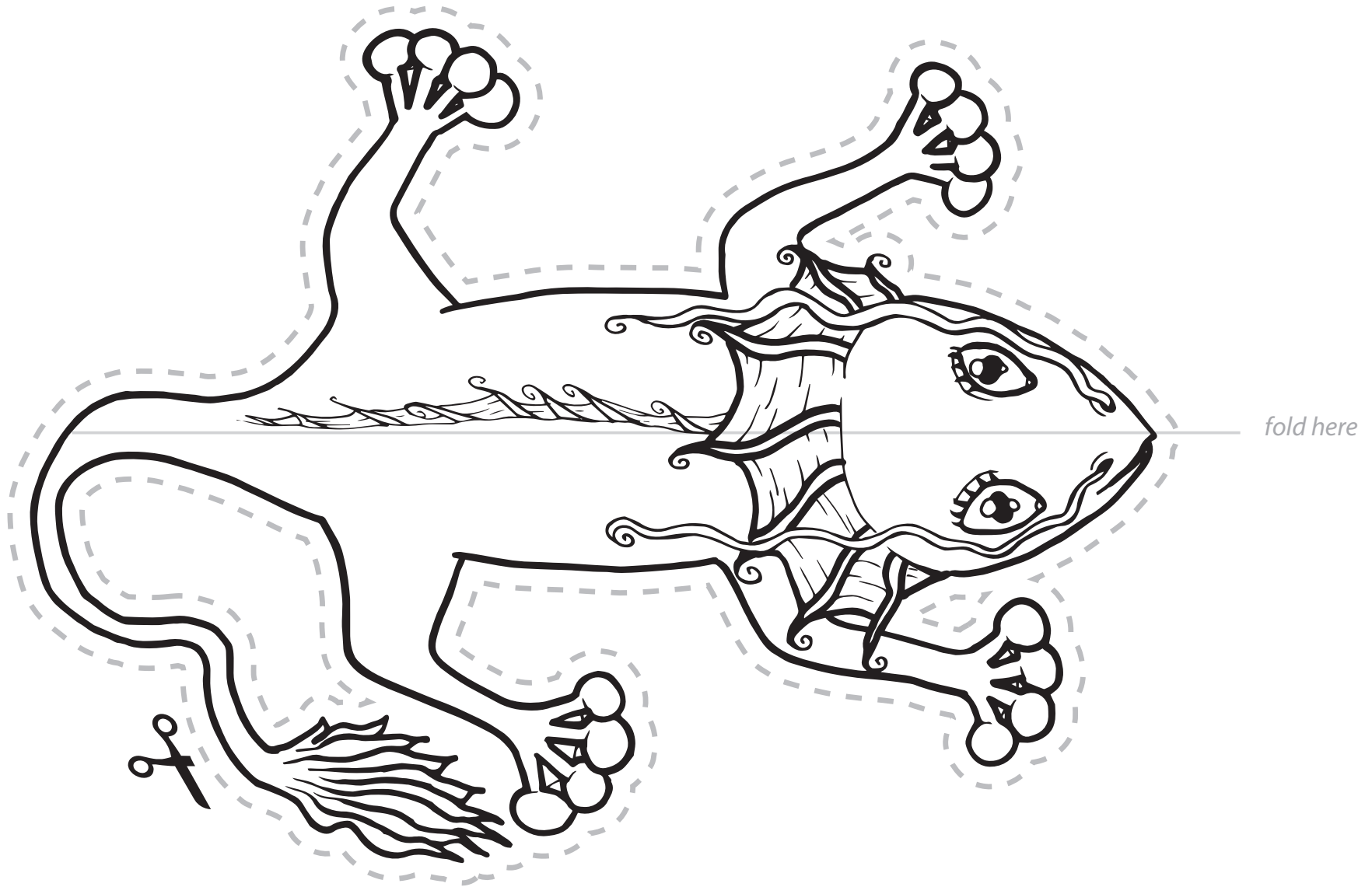


unwind your anger

1. Color and cut out Ursula the dragon and fold down the center to allow her to stand.
2. On the fire write or draw the things that make you feel angry in your own life.
3. Tape the fire to Ursula's mouth so it looks like she is breathing out and letting go of the anger!
4. Remember: it is okay to be angry. We can choose to notice our anger and let it go in safe ways so we can be kinder to ourselves and others!



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