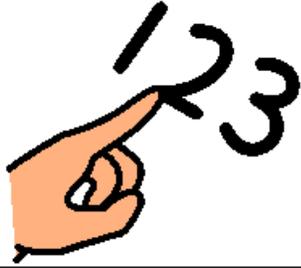


Count to 10. Break your monster into 10 pieces and count them.



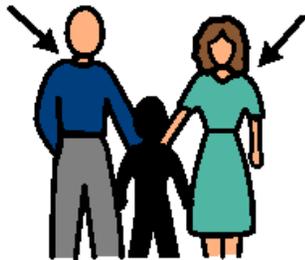
Take a deep breath and turn your monster into someone relaxing.



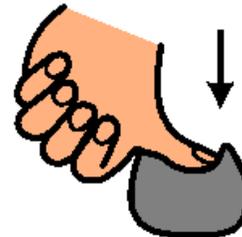
Turn on some music. Make your monster into a musical instrument.



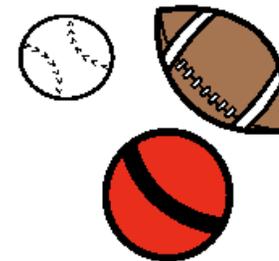
Get some advice. Turn your monster into a grownup who can give you good advice.



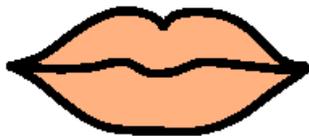
Take your anger out on something that won't be hurt. Squish your monster with your thumb until your anger is out.



Play a sport. Turn your monster into a ball.



Talk it out. Turn your monster into a mouth.



Think about a peaceful place. Turn your monster into a soft cloud.



Draw a picture. Turn your monster into a crayon.

