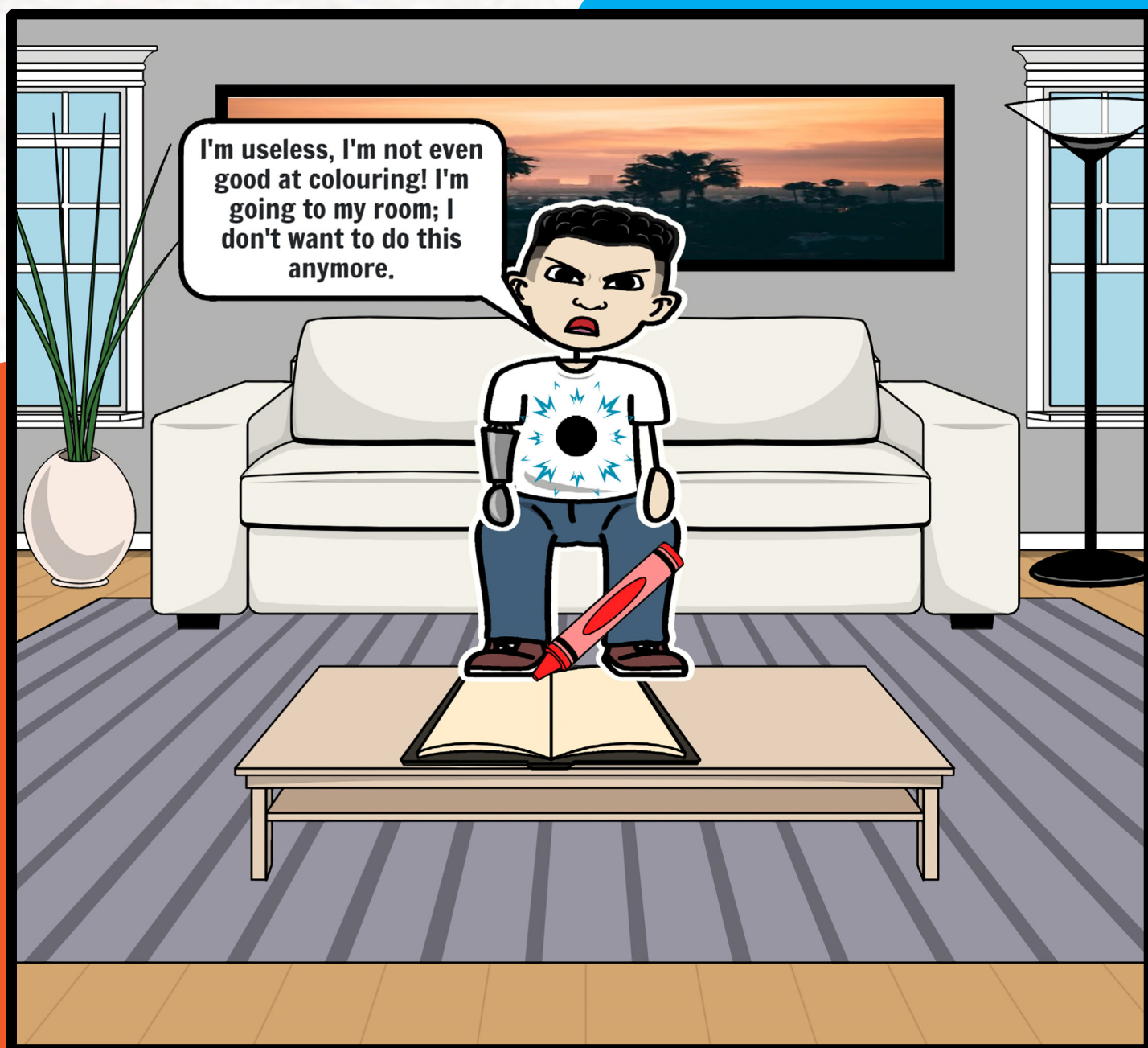
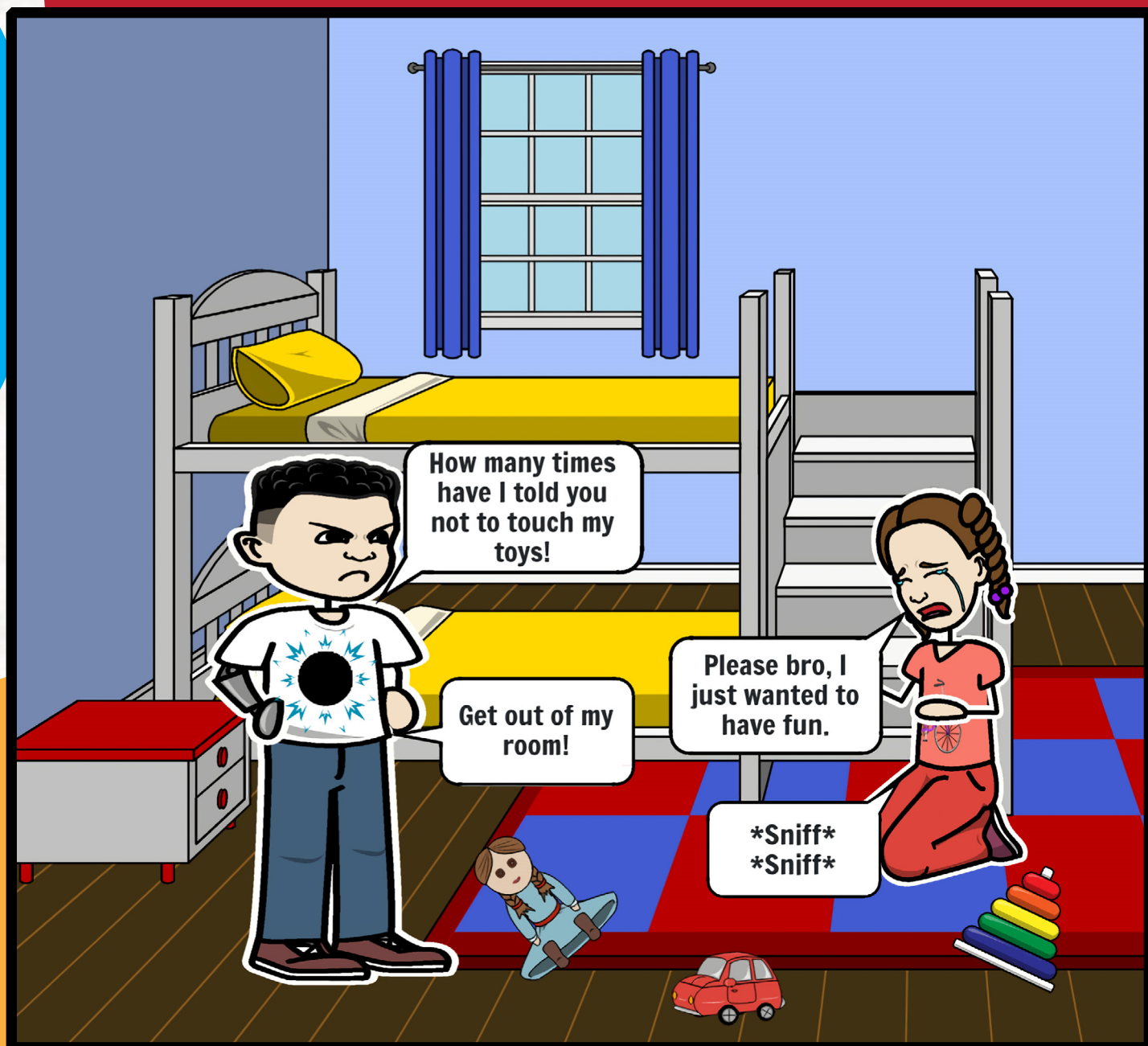




THE LITTLE BALL OF ANGER



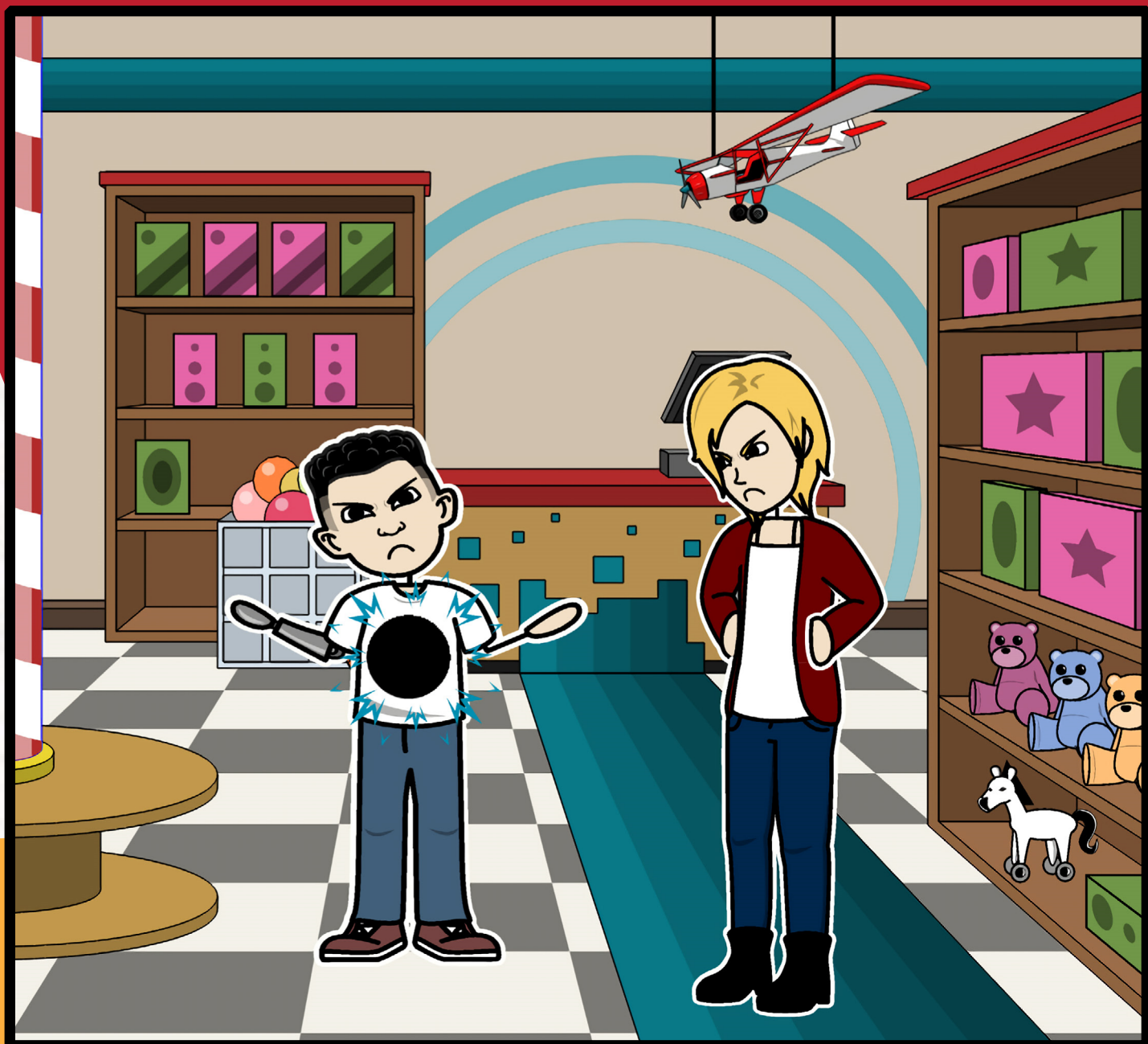
John is sitting down in the living room and colouring-in a book. He looks very upset, and says that he is no good at colouring.



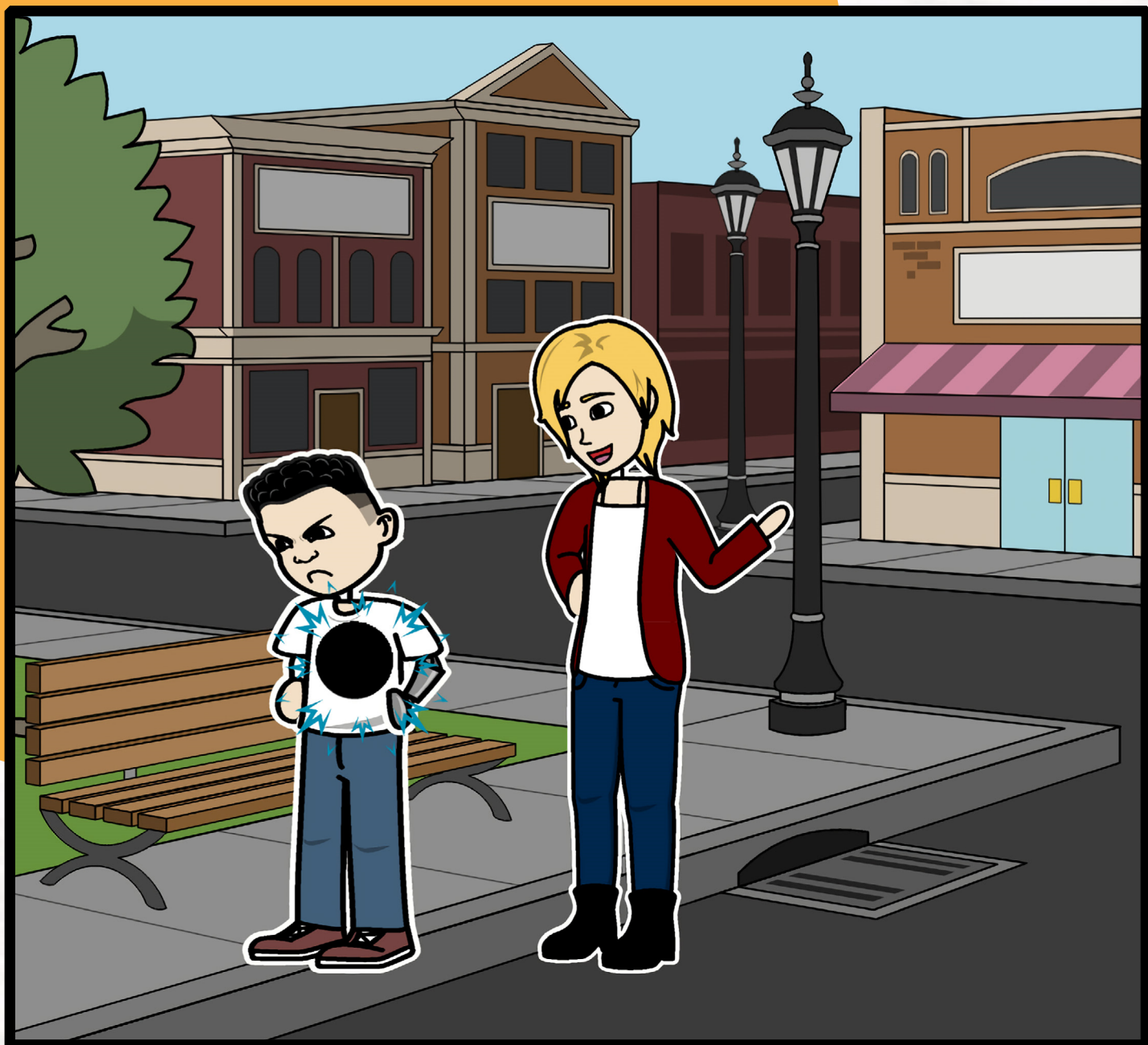
John goes up to his room, and finds his sister Danna is playing with his toys. John is very mad that Danna has touched his toys again without asking him.



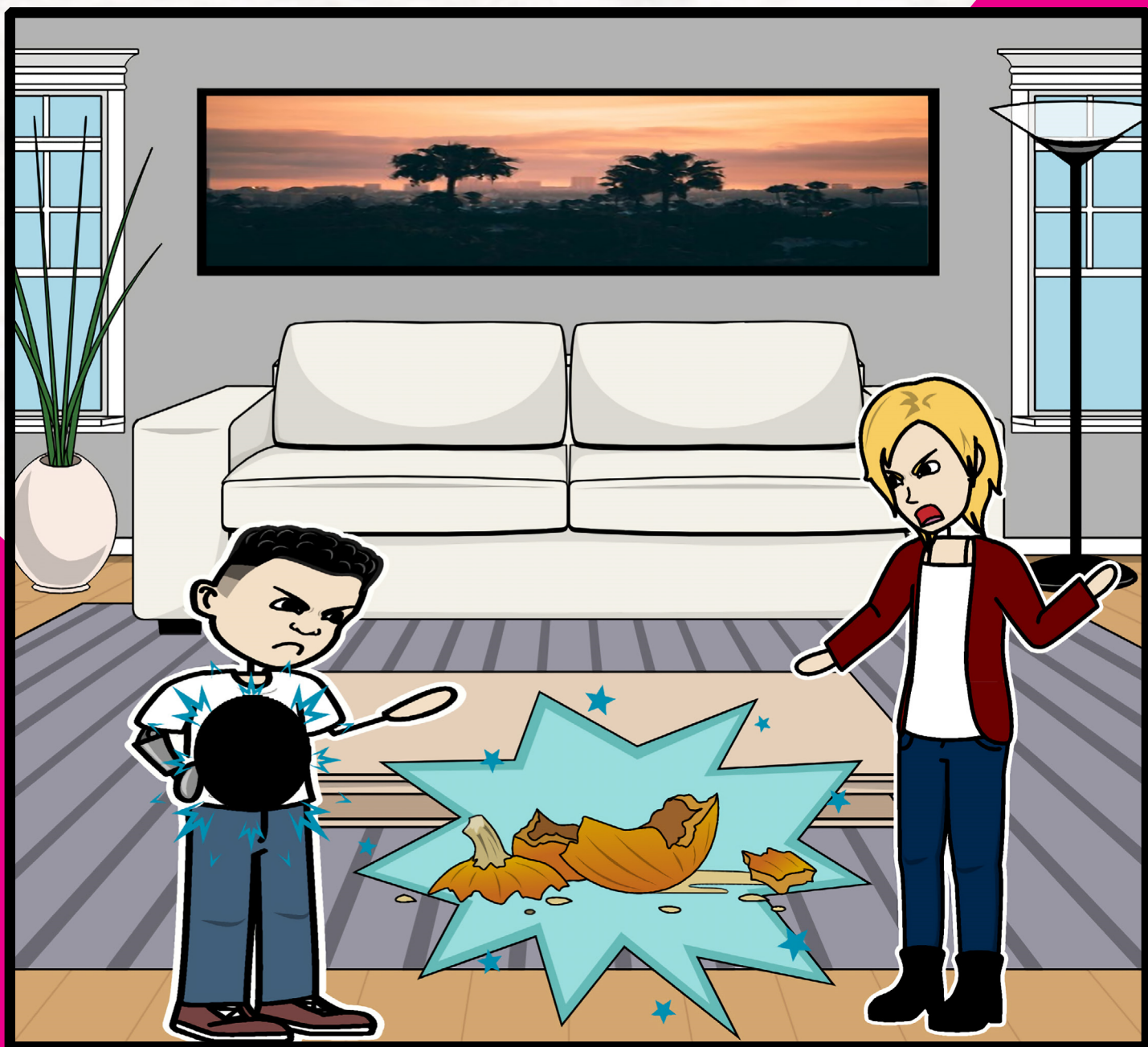
The next day, John and Mommy are looking around the toy store. John sees a new toy that he would love, but Mommy says she can't buy it for him right now...



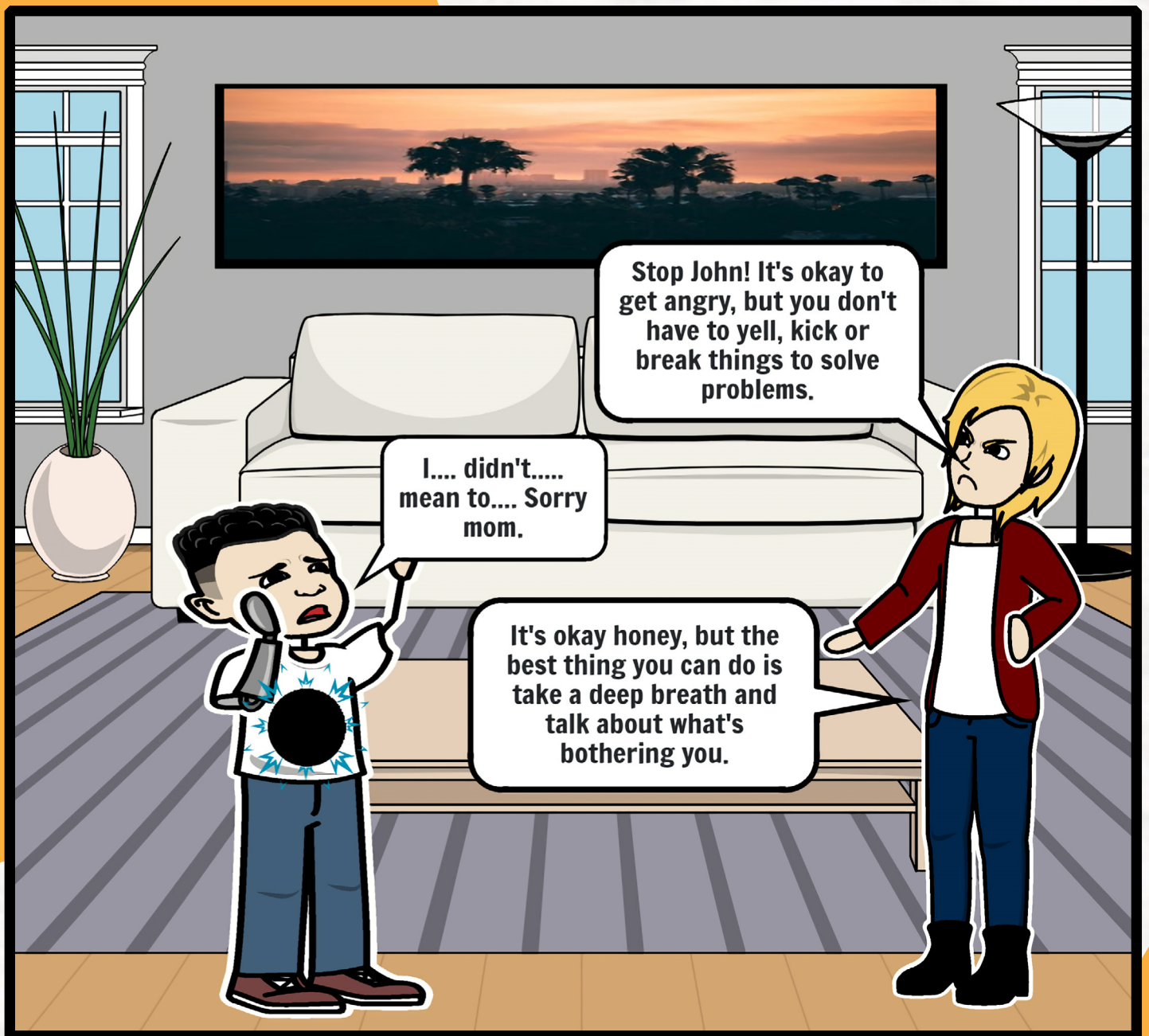
John gets very angry that he can't get the new toy, and suddenly a little ball of anger can be seen on John.



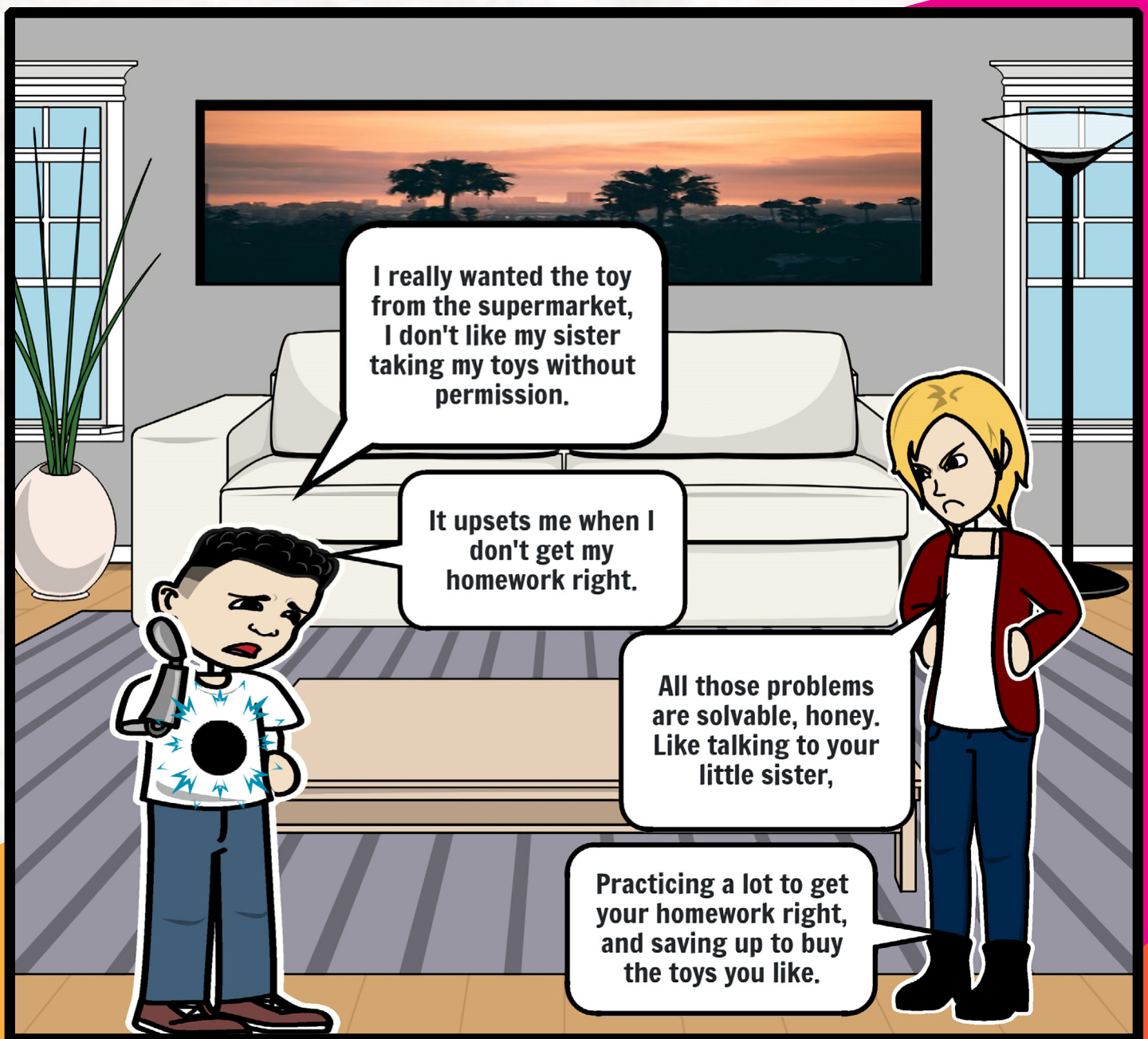
John and Mommy start walking home, and John is still angry!



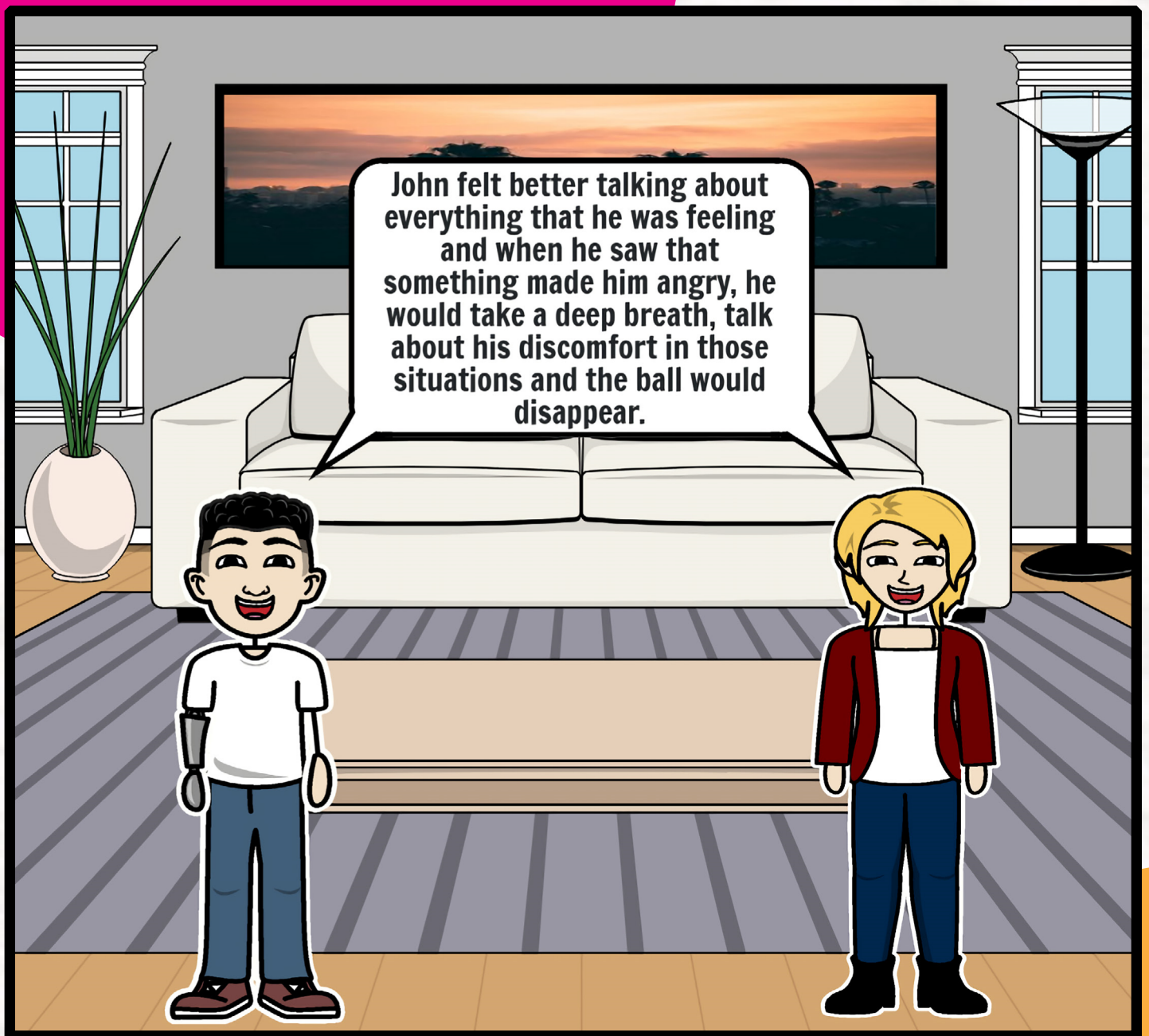
When John and Mommy get home, John knocks over a decoration and it smashes on the floor - Mommy is very angry!



John apologizes to Mommy, and she explains to John that whenever you are angry about something, it's best to talk about it.



John explains what has been bothering him, and Mommy tells him how to overcome these problems.



John is no longer angry, and he felt much better for talking about what was bothering him!

How do you feel after reading this story? Colour in the Emoji that best represents how you feel!



Sad



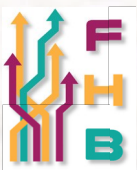
Calm



Happy

EMPOWER

Building Resilience to Address Domestic Violence



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