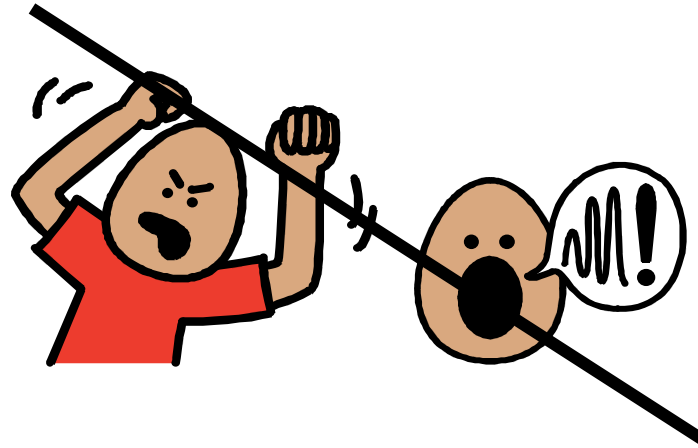


I might feel mad or frustrated if I make a mistake, if I can't do something by myself, or if an adult tells me, "No!" These are problems I might have. *It is okay to feel mad or frustrated when I have a problem!*



Sometimes when I feel mad I throw myself on the floor, kick my feet, and scream. I might push chairs, throw things, or push people. This is called having a tantrum. *It is not okay to have a tantrum when I have a problem!* I might hurt myself or another person.