

# Cool and Calm

Make a list of cool and calm words that you can use when you feel angry.

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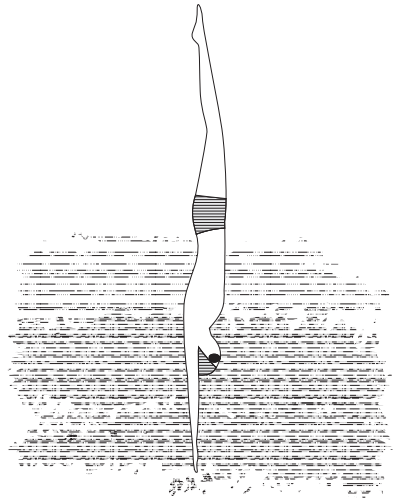
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A large, empty rectangular box with a thin black border, intended for drawing or painting. It occupies the lower half of the page.

Draw/paint a picture to illustrate these words. Think of cool colours and calm shapes. How does the picture make you feel? What will you call your picture?