CALM DOWN ANGER WITH YOGA



I AM AN ELEPHANT

I CAN BEND OVER AND RELEASE MY ANGER.



I AM A JACKAL

I CAN EXHALE AND LET GO OF MY FRUSTRATIONS.



I AM A CROCODILE

I CAN FEEL MY BODY CALMING DOWN.



I AM A HIPPO

I AM "OKAY". I AM SURROUNDED WITH LOVE.



I AM A LION

I AM SAFE. I CAN FEEL MY WHOLE BODY RELAXED.

