

IT'S PLAY TIME AT **MONSTER CLUB!** IN THIS STORY WE SEE WHAT HAPPENS WHEN...

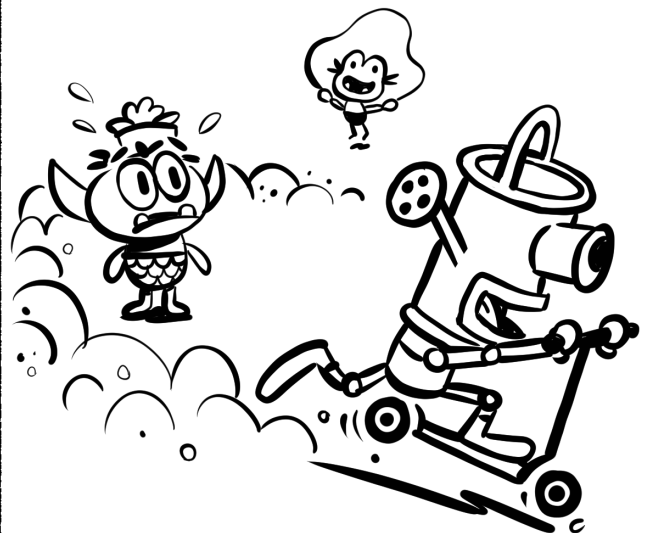
BONGO BLOWS HIS TOP



CHESNEY LOVES TO JUMP AND SKIP!



RATTLE GOES ZOOM!



BONGO LOVES SKIPPING
AND THE SCOOTER, BUT
THE **OTHER MONSTERS**
GOT THERE FIRST!



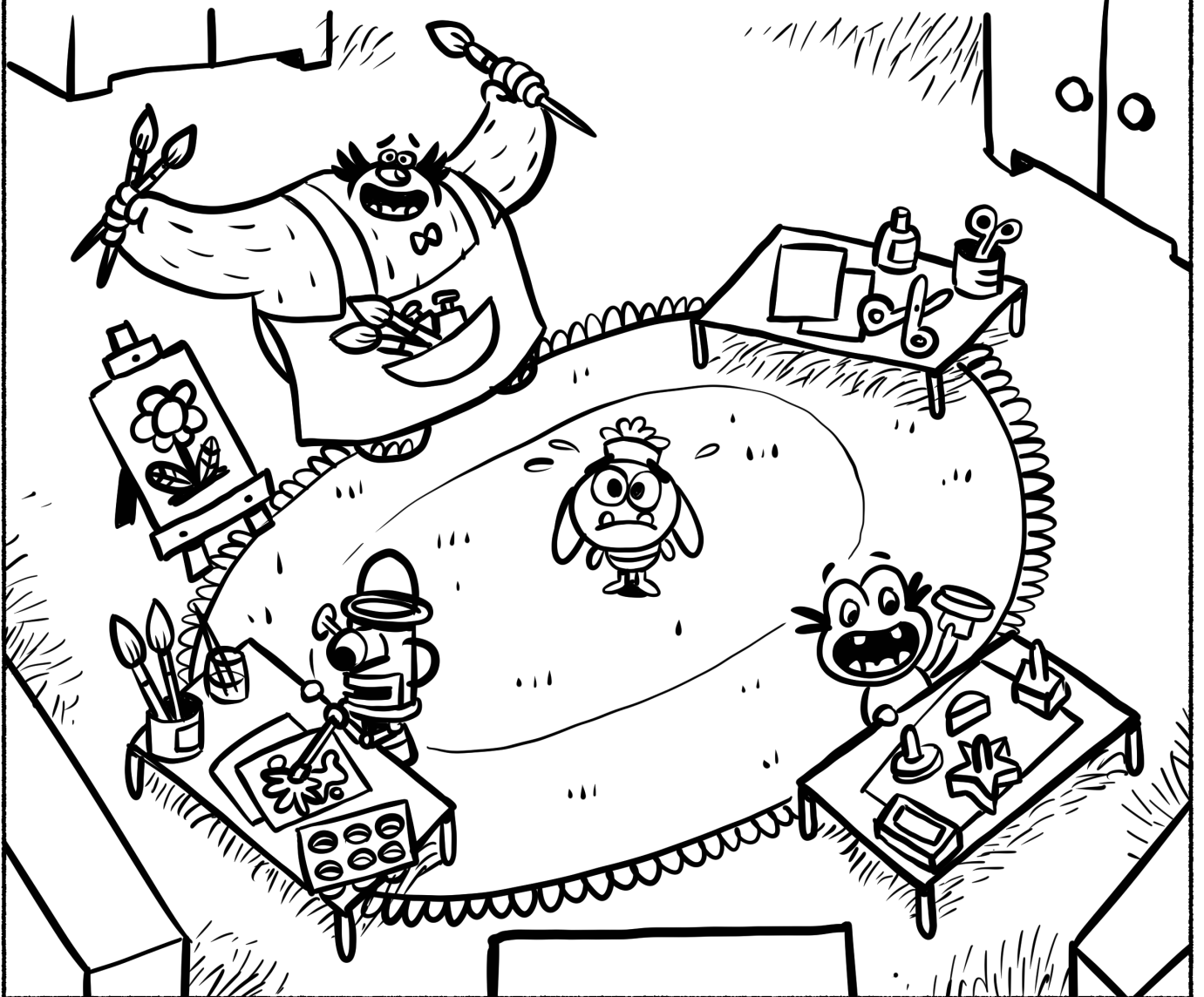
IT'S NOT FAIR!



PLAY TIME IS OVER!



IT'S TIME FOR **ART CLASS!** BONGO LOVES TO PAINT AND PRINT, BUT THE OTHER MONSTERS GOT THERE FIRST! **HOW DISAPPOINTING!**



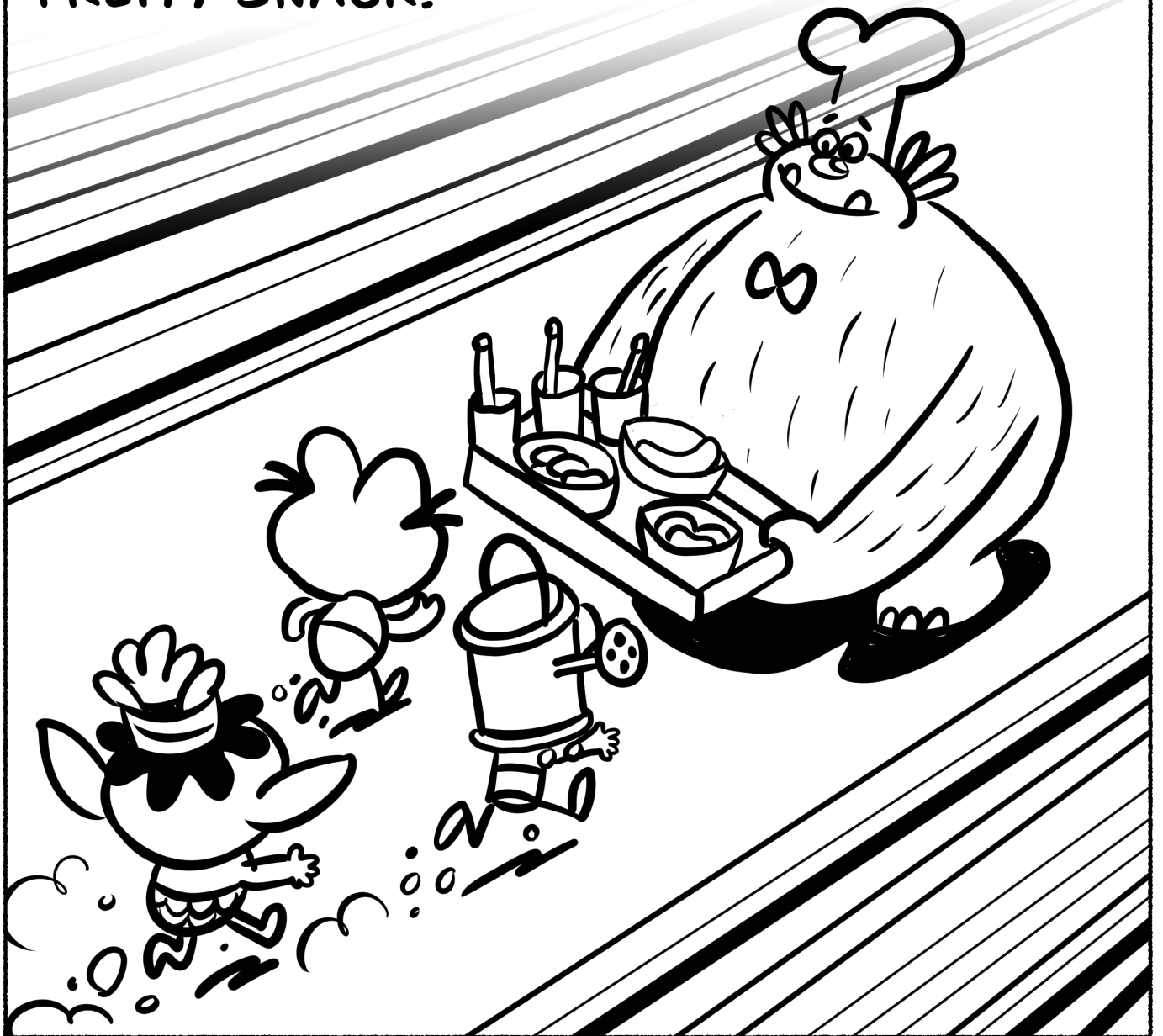
IT'S NOT FAIR!



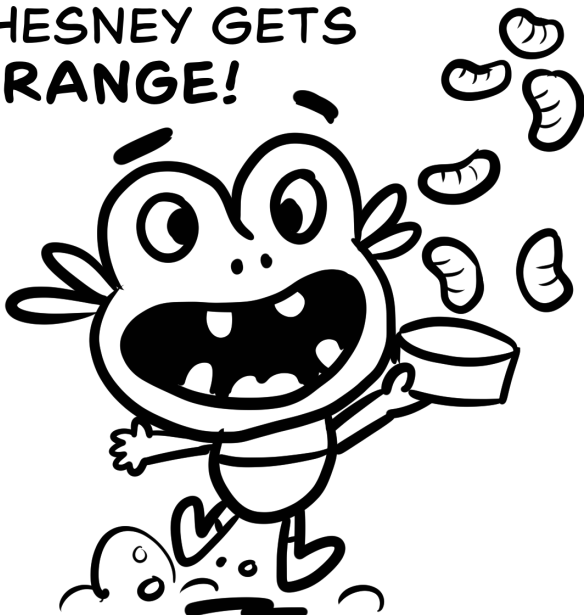
BONGO FEELS HOT!



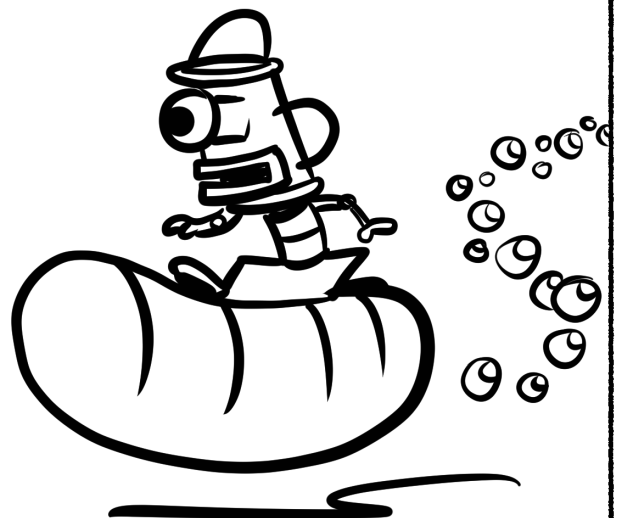
IT'S TIME FOR A DRINK OF **WATER** AND A **FRUITY SNACK!**



**CHESNEY GETS
ORANGE!**



SO DOES RATTLE!



BONGO GETS BANANA. BONGO DOES NOT LIKE BANANA!



BONGO FEELS HOT AND SHAKY!

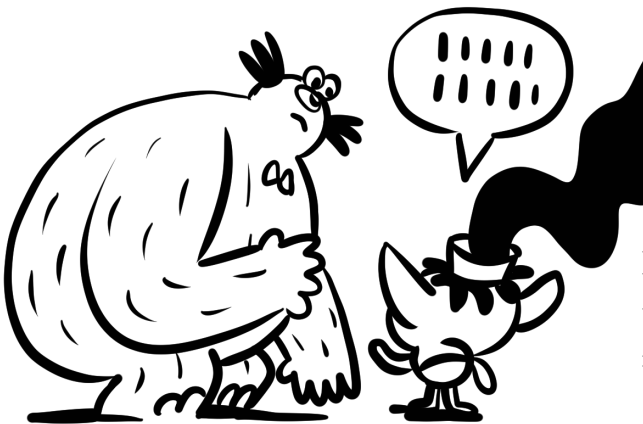


IT'S NOT FAIR!!!

OH DEAR! LET'S FIND OUT WHAT'S UP
WITH BONGO!



BONGO SAYS:
"I FEEL HOT & SHAKY"

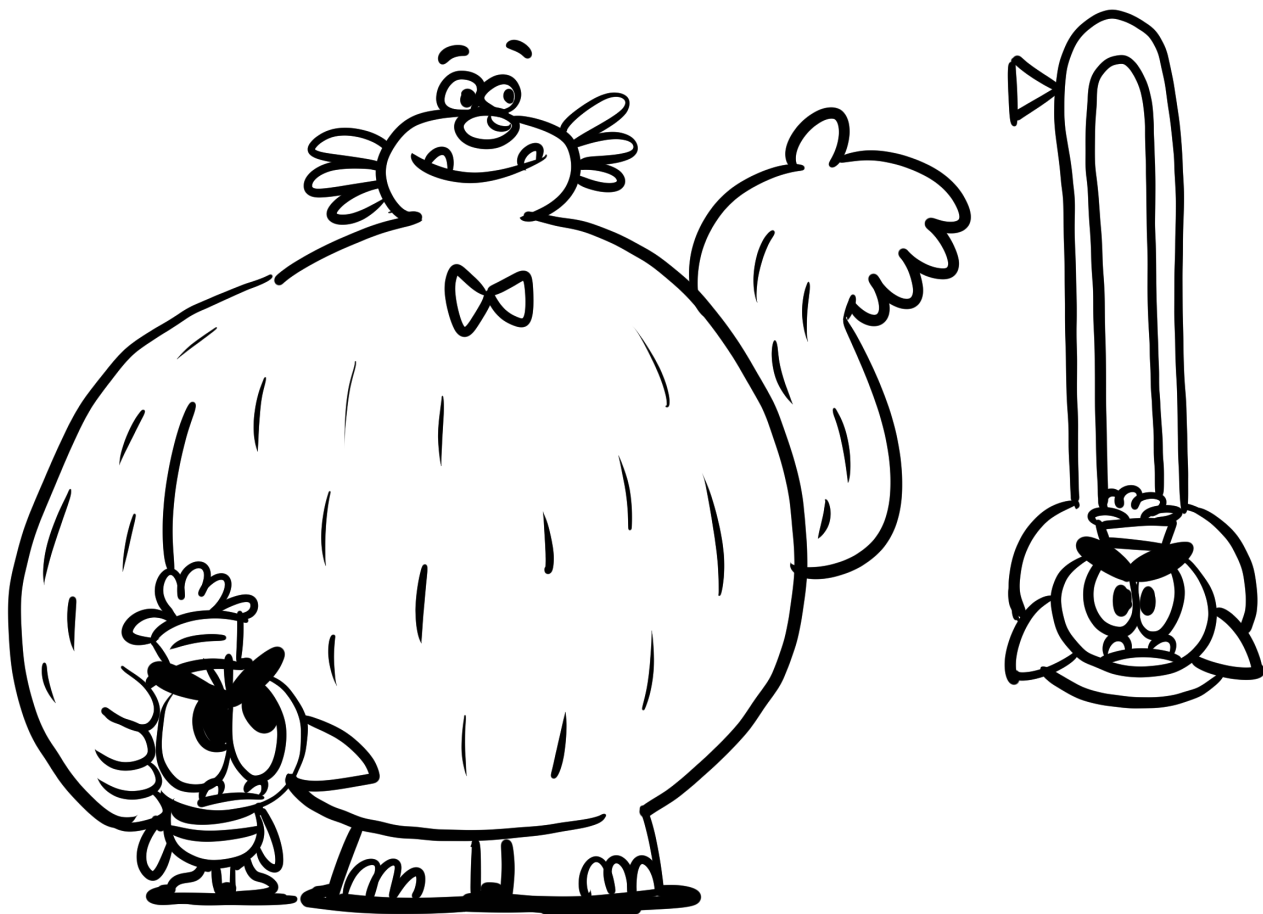


"LIKE I'M GOING
TO BURST!"



BONGO IS FEELING ANGRY. CUDDLES SHOWS HIM AN AMAZING NEW INVENTION...

THE FEELINGS METER!

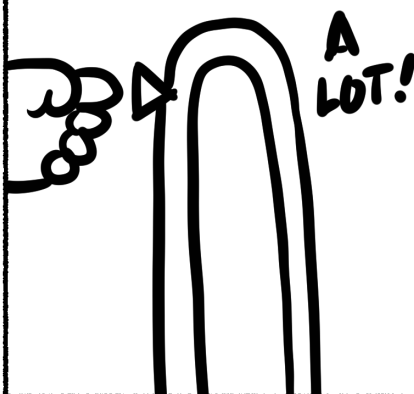


**THE FEELINGS
METER SHOWS
US WHAT YOU
ARE FEELING:**



ANGER!

**AND IT SHOWS
HOW MUCH
YOU ARE
FEELING:**



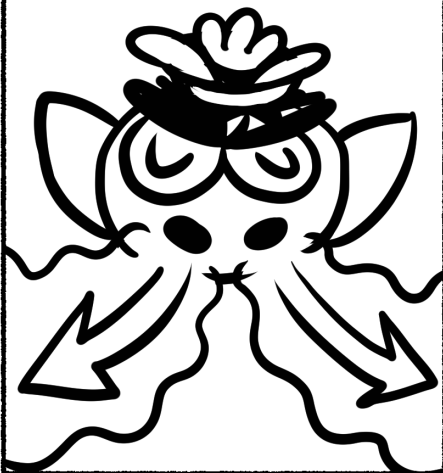
**NOW LET'S SEE
WHAT YOU CAN
DO WITH YOUR
ANGER!**



FIRST, YOU CAN TRY TAKING A **DEEP BREATH**
THROUGH YOUR **NOSE...**



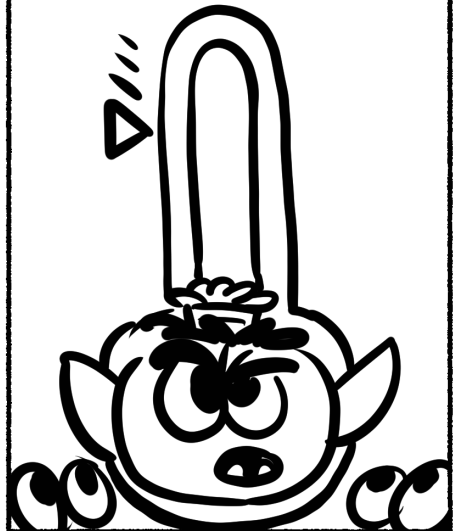
AND THEN A
LONG BREATH
OUT...



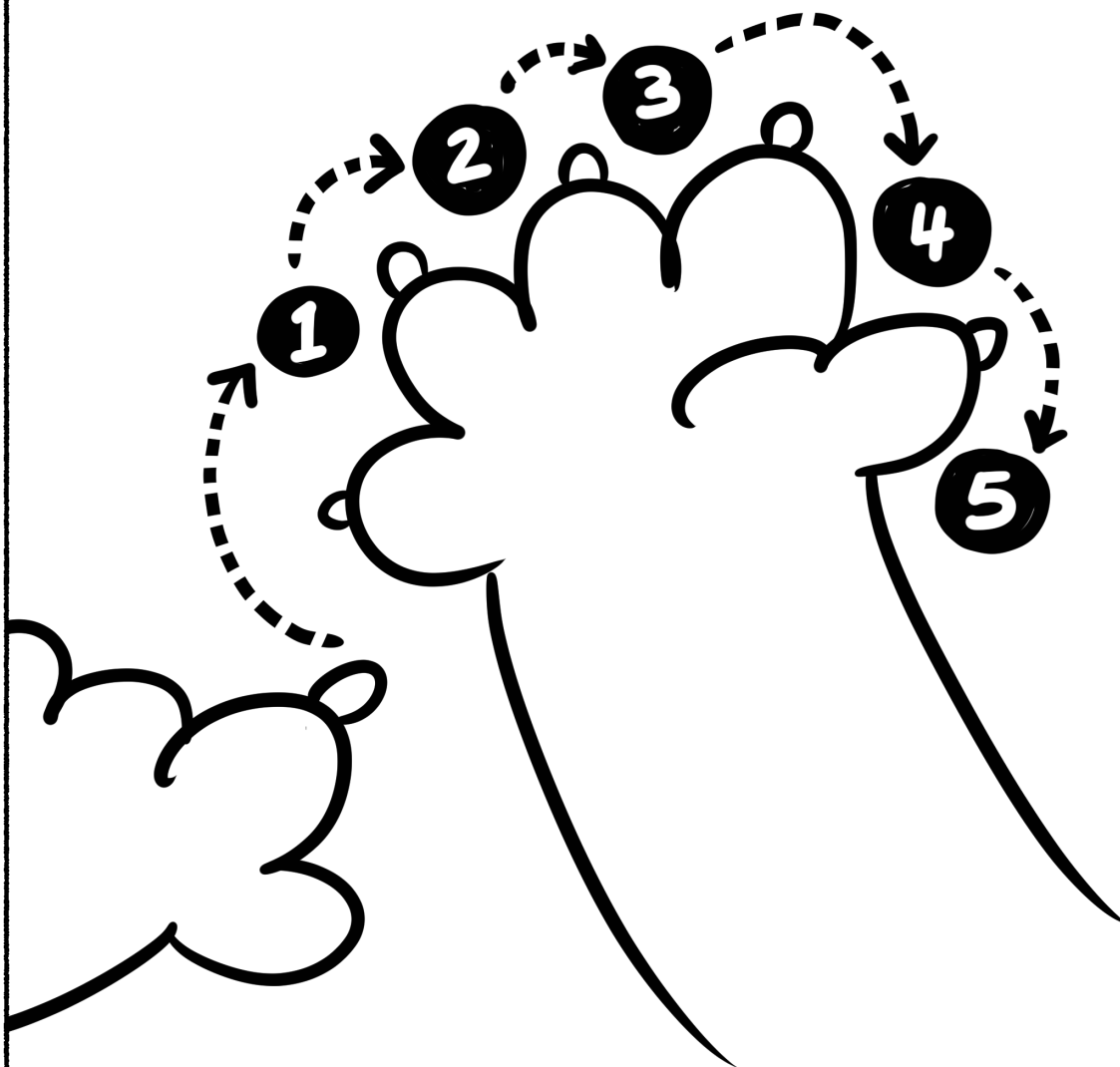
DO THAT A
FEW TIMES...



YOUR **ANGER**
MAY **SHRINK!**



NOW, SLOWLY COUNT YOUR FINGERS BY
TRACING THEIR SHAPE...



1, 2, 3, 4, 5!



FEEL YOUR
ANGER DRAIN
AWAY.



LET'S TRY
ONE MORE
THING...



FIND WHERE YOU FEEL ANGER IN YOUR BODY.



**GRAB YOUR
ANGER...**



**AND THROW
IT AWAY!**



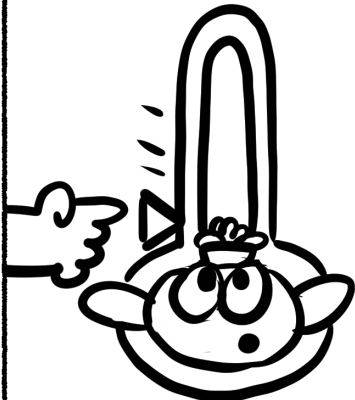
**GRAB SOME
MORE ANGER.**



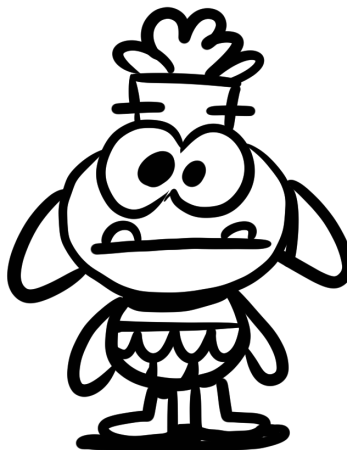
AND THROW IT AWAY!



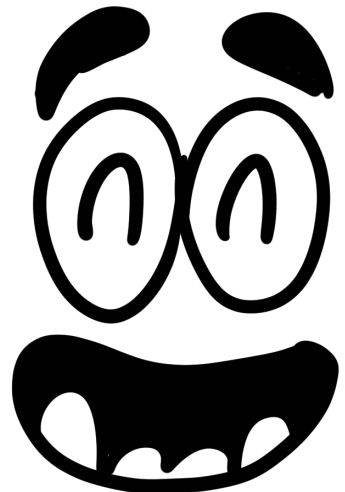
FEEL THE
ANGER **LEAVE**
YOUR BODY.



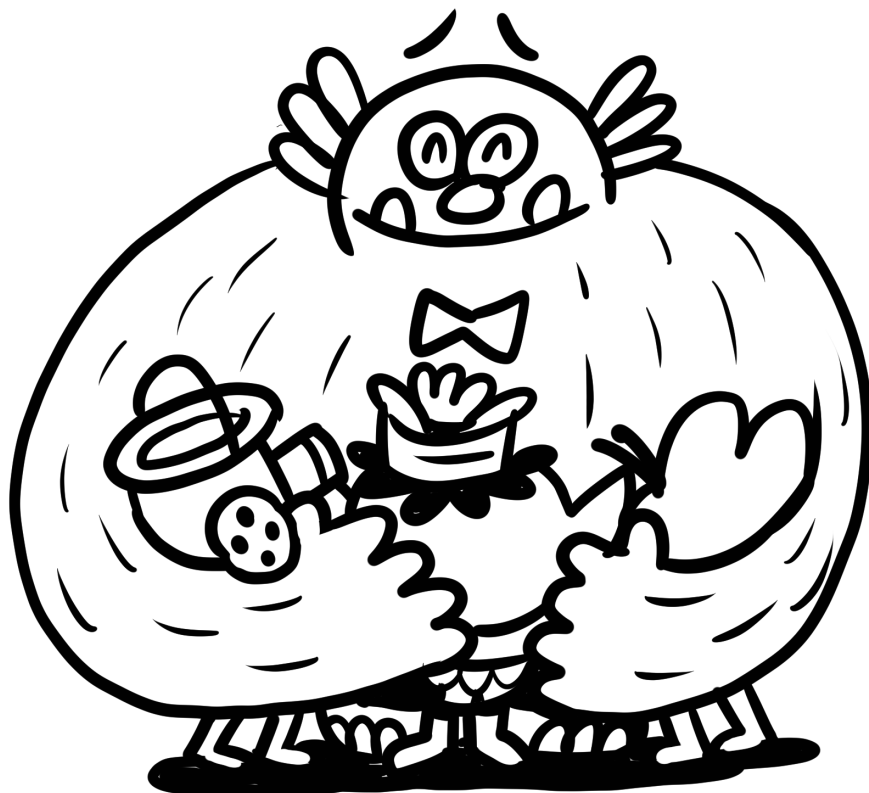
DOES **BONGO**
FEEL BETTER?



YES, HE DOES!

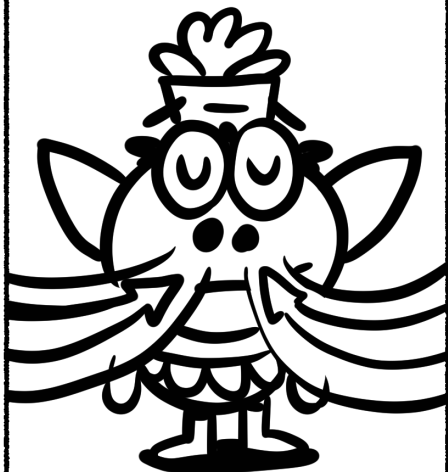


LET'S HAVE A GROUP HUG!

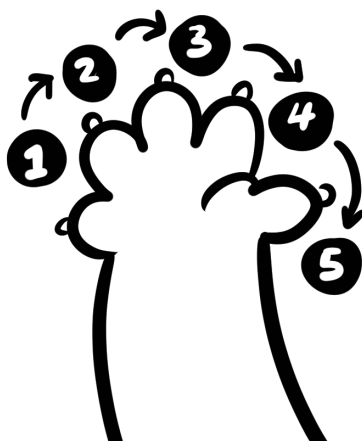


AND REMEMBER:

DEEP BREATHS.



COUNT YOUR FINGERS.



GRAB AND THROW!

