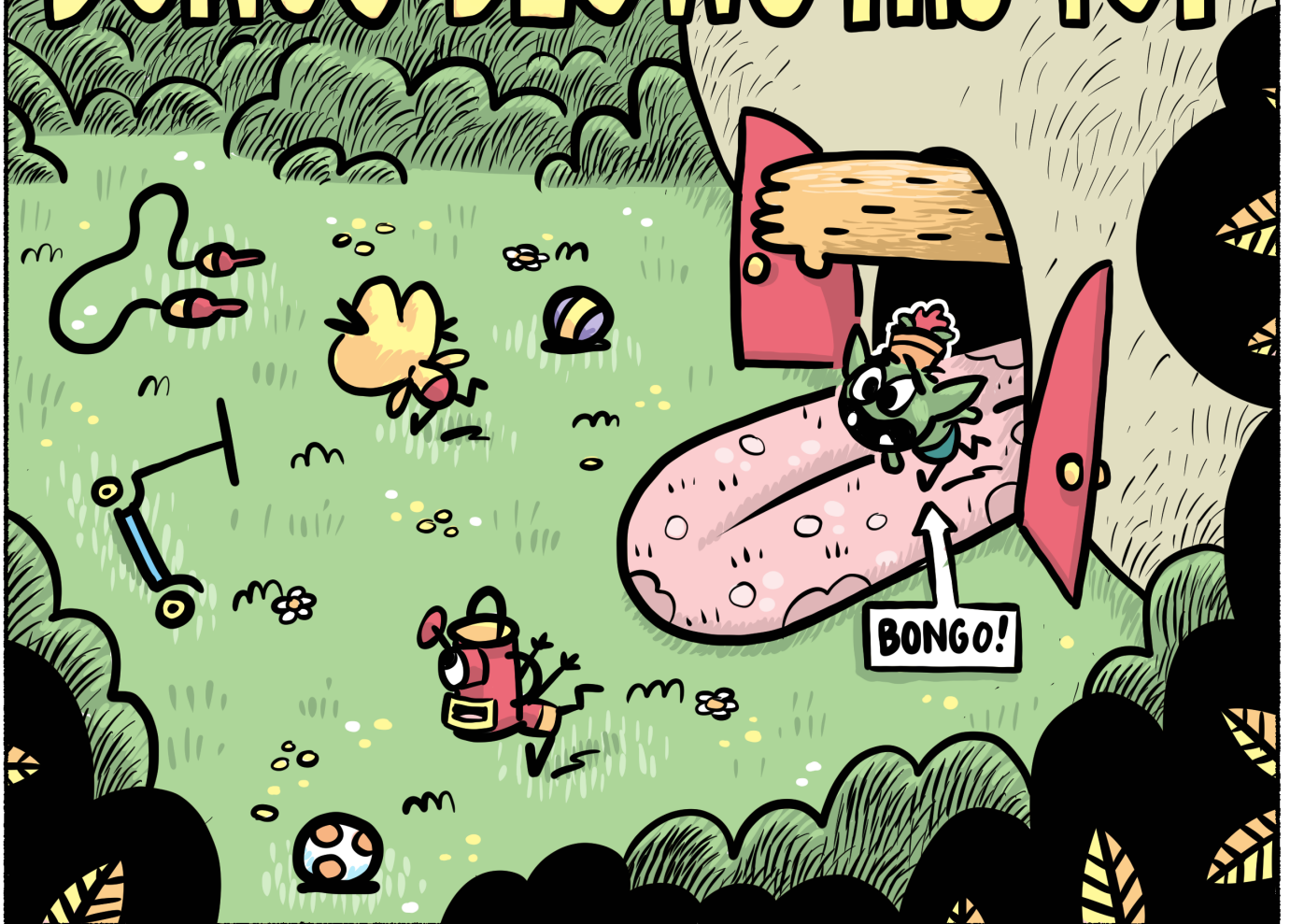


IT'S PLAY TIME AT **MONSTER CLUB!** IN THIS STORY WE SEE WHAT HAPPENS WHEN...

# BONGO BLOWS HIS TOP



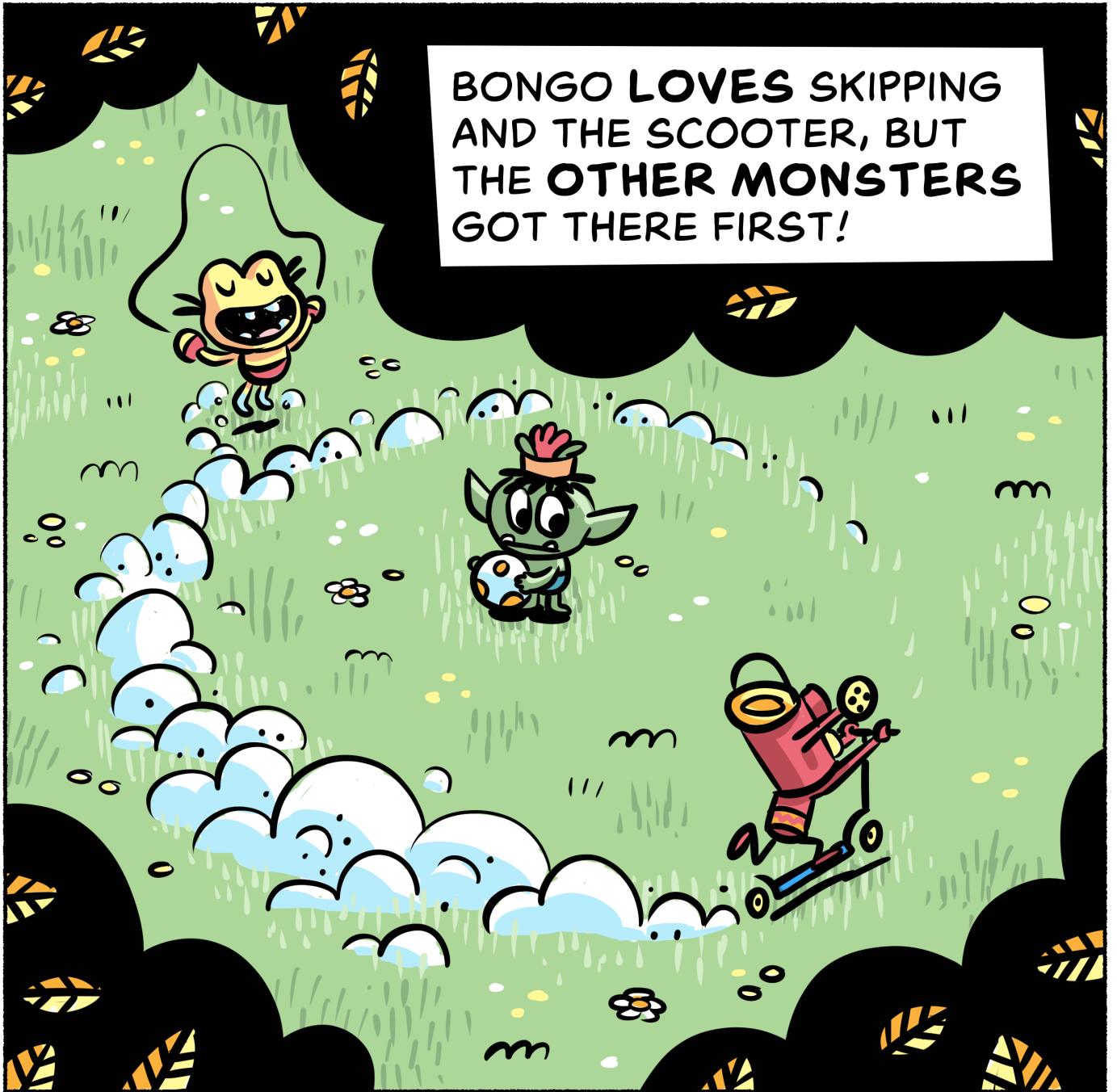
**CHESNEY** LOVES TO JUMP AND SKIP!



**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!

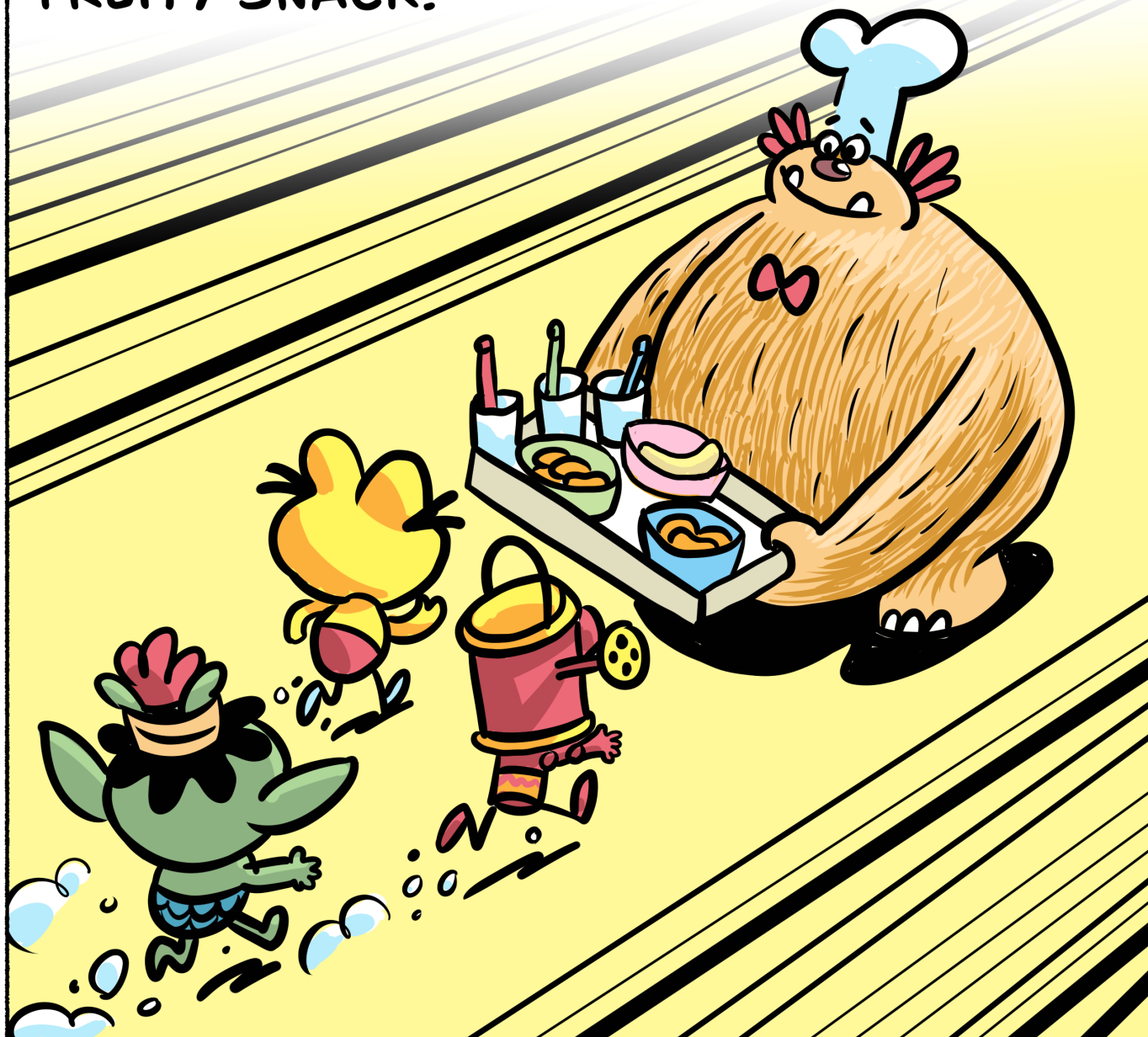


BONGO FEELS HOT!





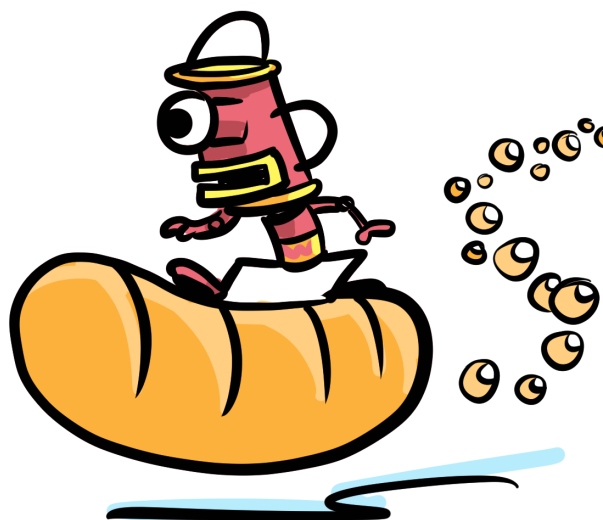
IT'S TIME FOR A DRINK OF WATER AND A FRUITY SNACK!



CHESNEY GETS ORANGE!



SO DOES RATTLE!

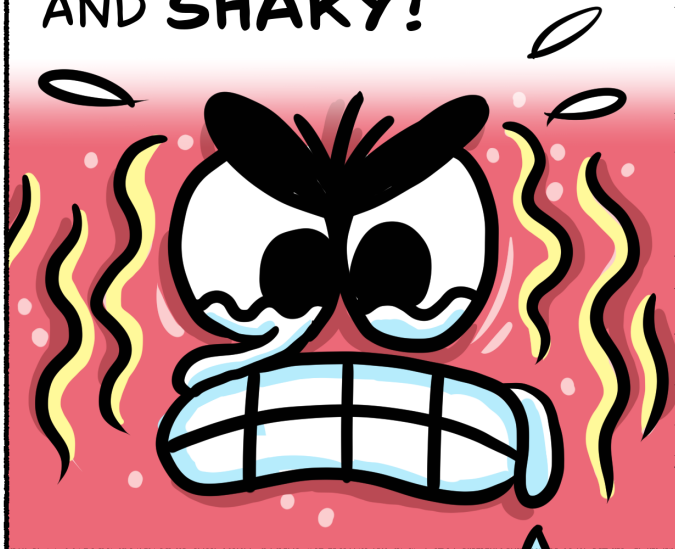




**BONGO GETS BANANA. BONGO DOES NOT LIKE BANANA!**



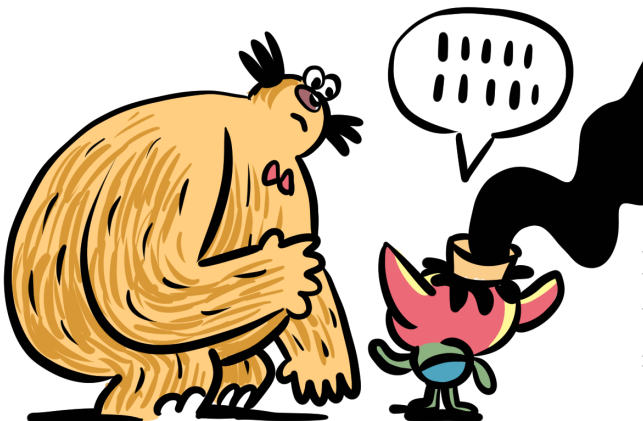
**BONGO FEELS HOT AND SHAKY!**



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



BONGO SAYS:  
"I FEEL HOT & SHAKY"

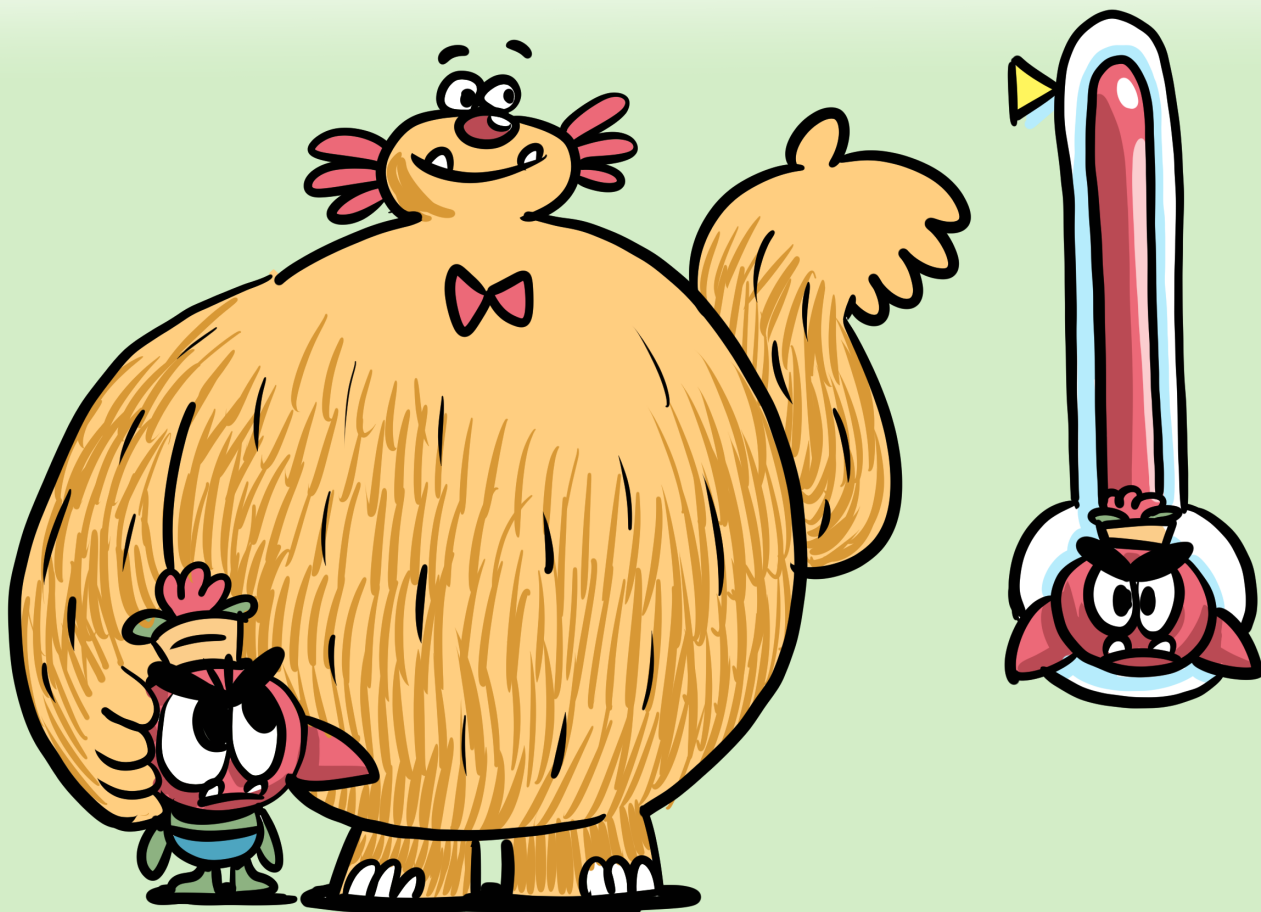


"LIKE I'M GOING  
TO BURST!"



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

# **THE FEELINGS METER!**

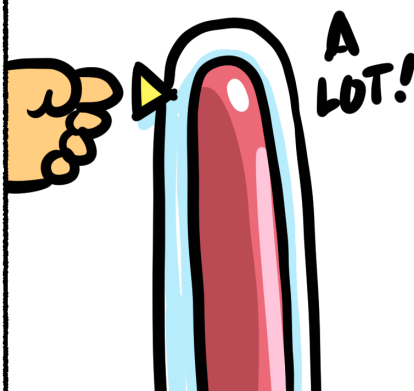


**THE FEELINGS  
METER SHOWS  
US WHAT YOU  
ARE FEELING:**

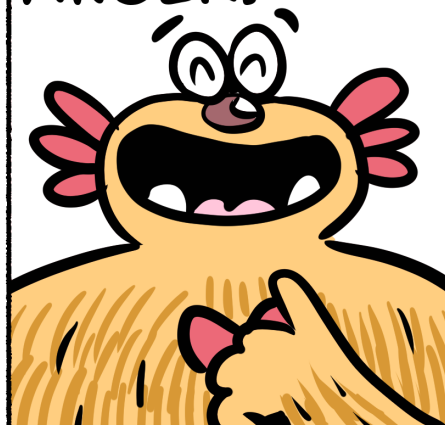


**ANGER!**

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

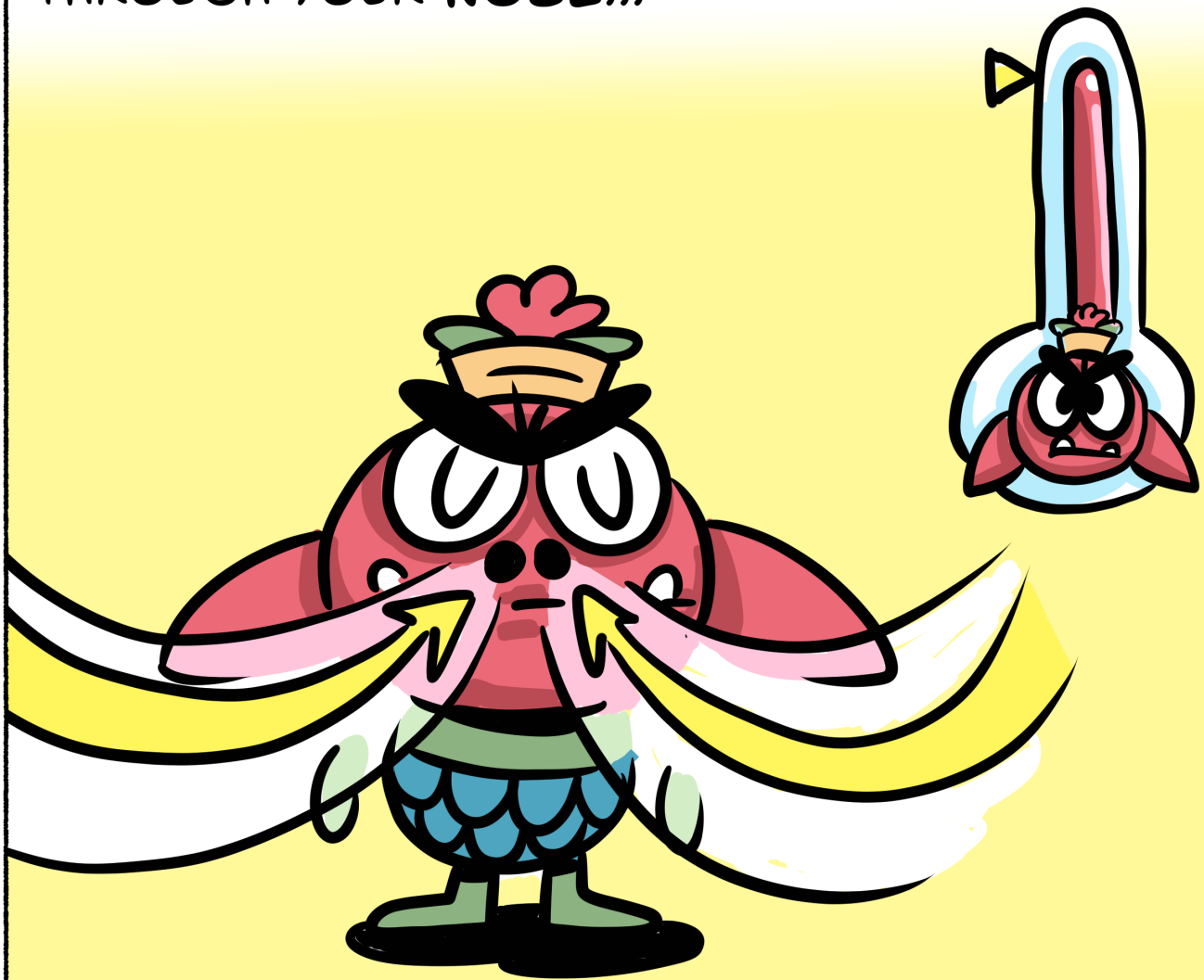


**NOW LET'S SEE  
WHAT YOU CAN  
DO WITH YOUR  
ANGER!**

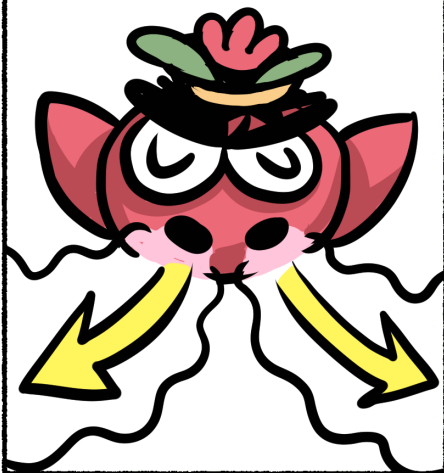




FIRST, YOU CAN TRY TAKING A **DEEP BREATH**  
THROUGH YOUR **NOSE...**



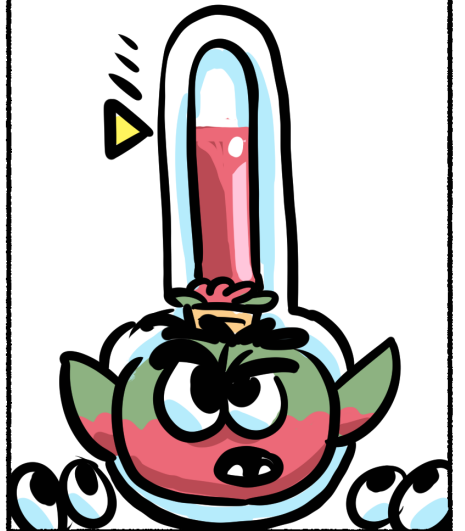
AND THEN A  
**LONG BREATH**  
OUT...



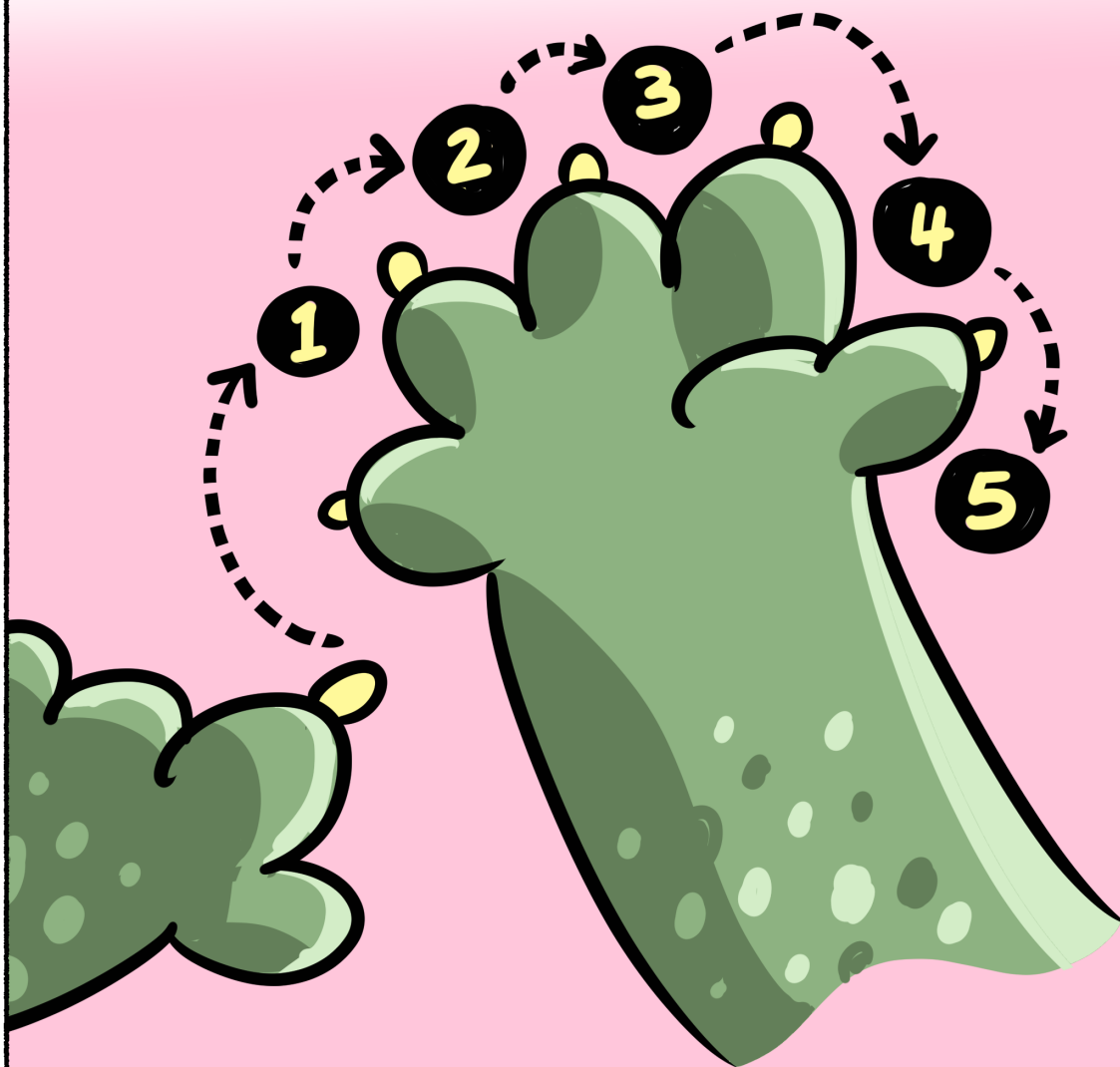
DO THAT A  
**FEW TIMES...**



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



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



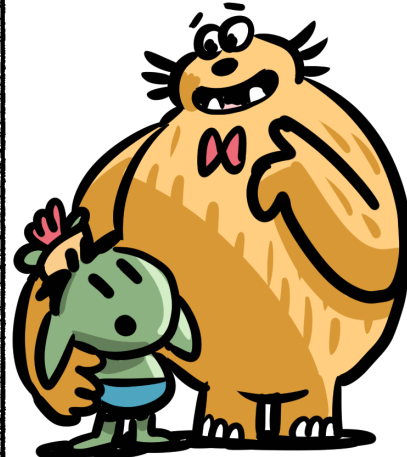
1, 2, 3, 4, 5!



FEEL YOUR  
ANGER DRAIN  
AWAY.



LET'S TRY  
ONE MORE  
THING...



FIND WHERE YOU FEEL ANGER IN YOUR BODY.



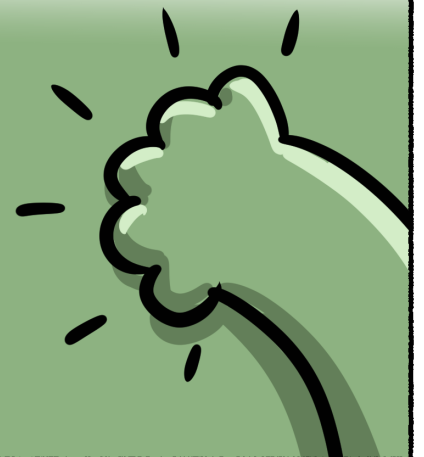
**GRAB YOUR  
ANGER...**



**AND THROW  
IT AWAY!**



**GRAB SOME  
MORE ANGER.**

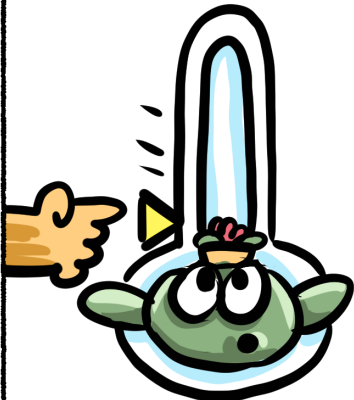




# AND THROW IT AWAY!



FEEL THE  
ANGER LEAVE  
YOUR BODY.



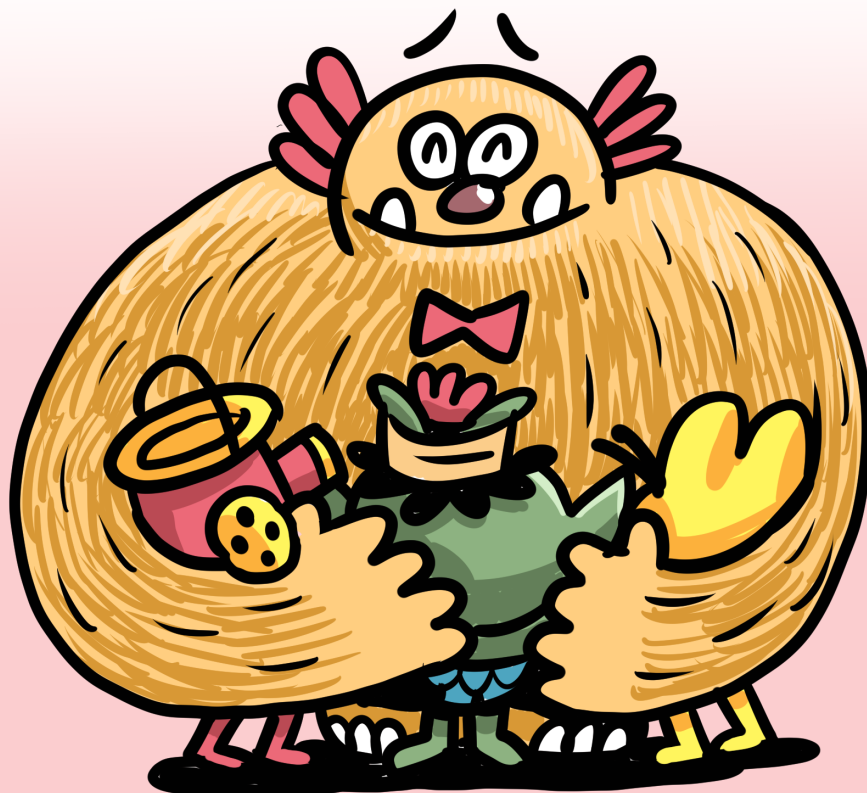
DOES BONGO  
FEEL BETTER?



YES, HE DOES!



LET'S HAVE A GROUP HUG!



AND REMEMBER:

DEEP BREATHS.



COUNT YOUR FINGERS.



GRAB AND THROW!

