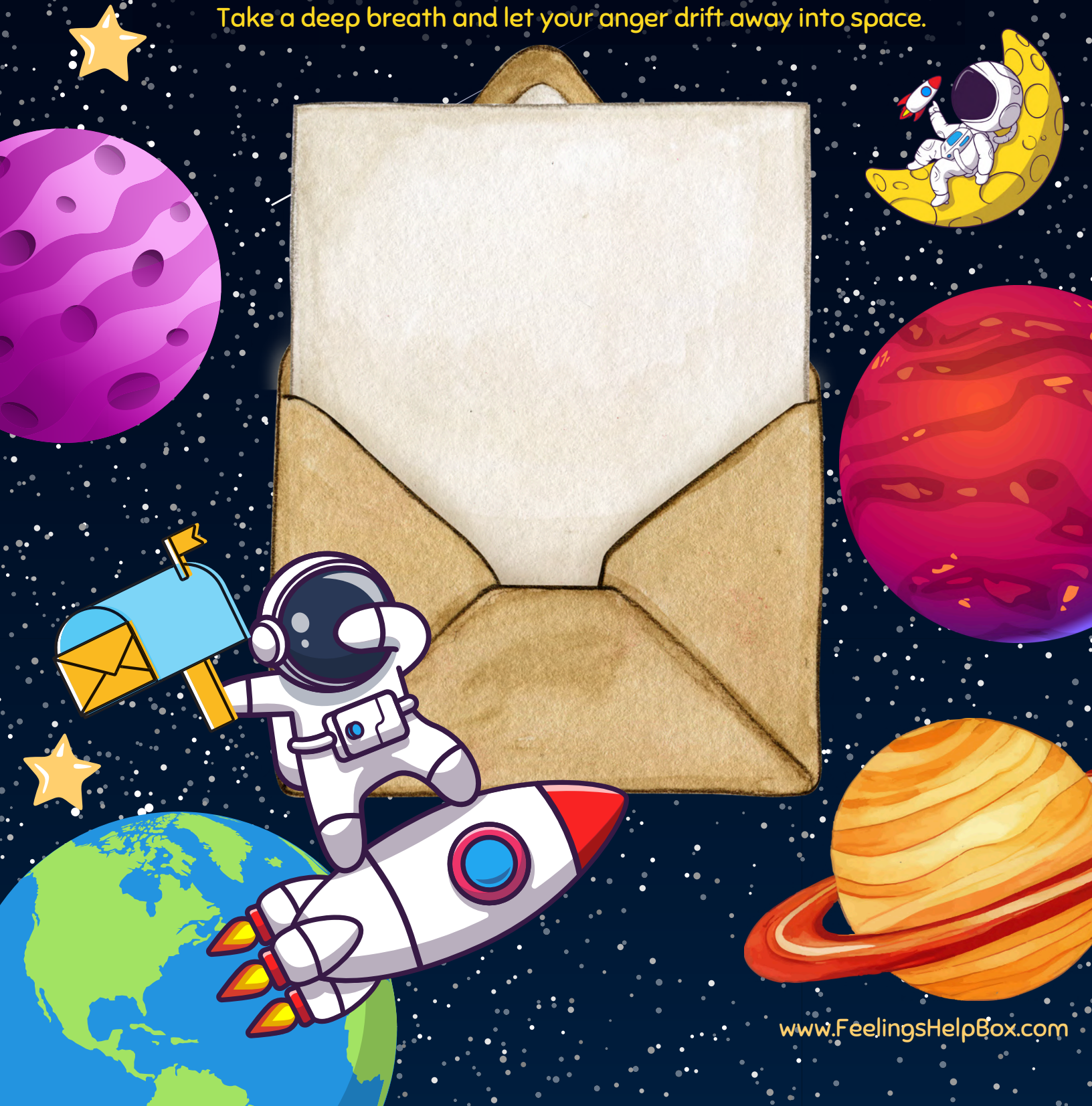


SPECIAL MISSION: Send Your Anger to the Moon

Draw or write your anger in the space letter below.
Close your eyes and imagine putting it inside the rocket's mailbox.

Say the countdown: 3, 2, 1... Blast off! 🚀

Take a deep breath and let your anger drift away into space.



See Our Websites for More **Free** Resources

1 www.socialworkerstoolbox.com

www.SocialWorkersToolbox.com

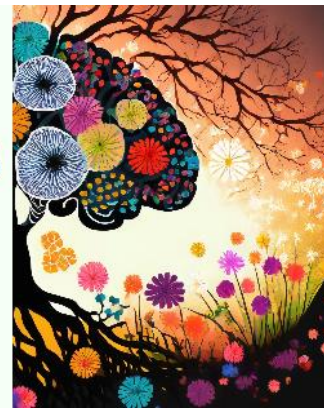
Free social work resources for direct work



2 www.anxietyhelpbox.com



www.AnxietyHelpBox.com
Free Anxiety Tools & Resources



3 www.feelingshelpbox.com

[www.FeelingsHelpBox.com](http://www FeelingsHelpBox.com)

Free Emotions & Feelings Resources



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