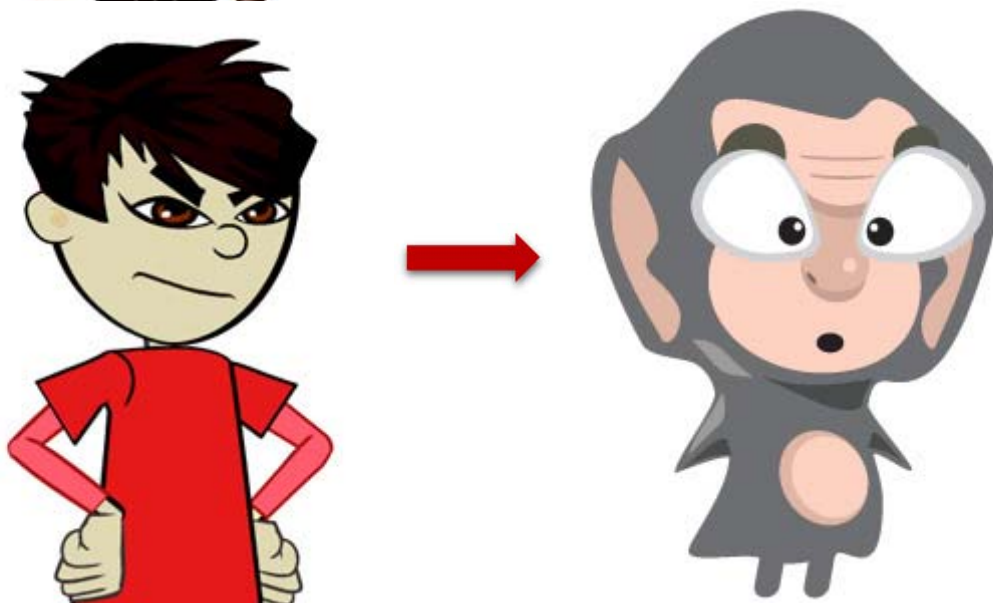
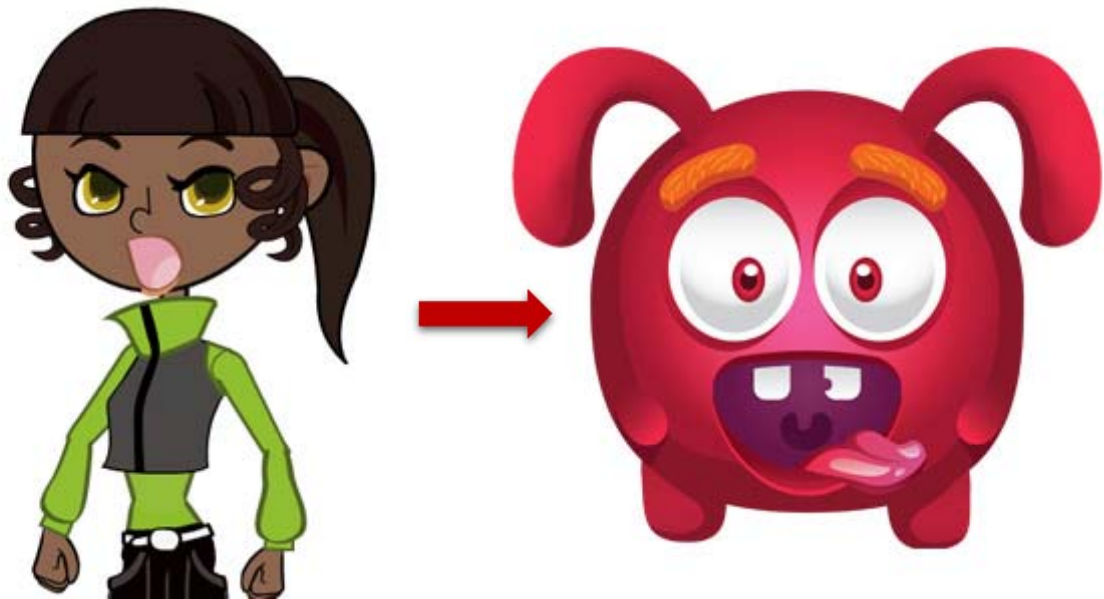
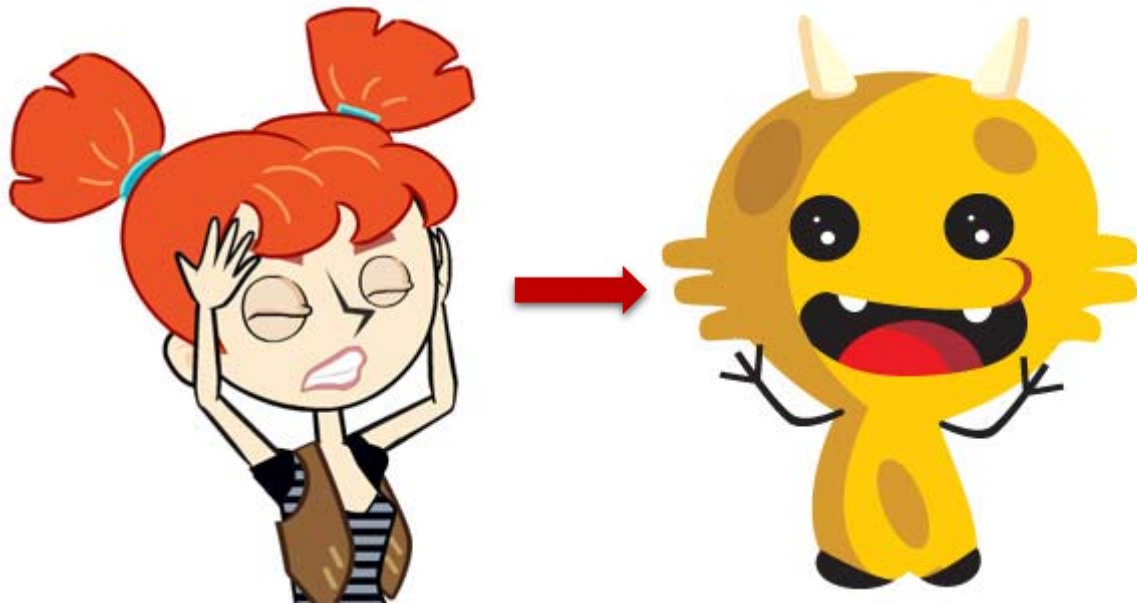
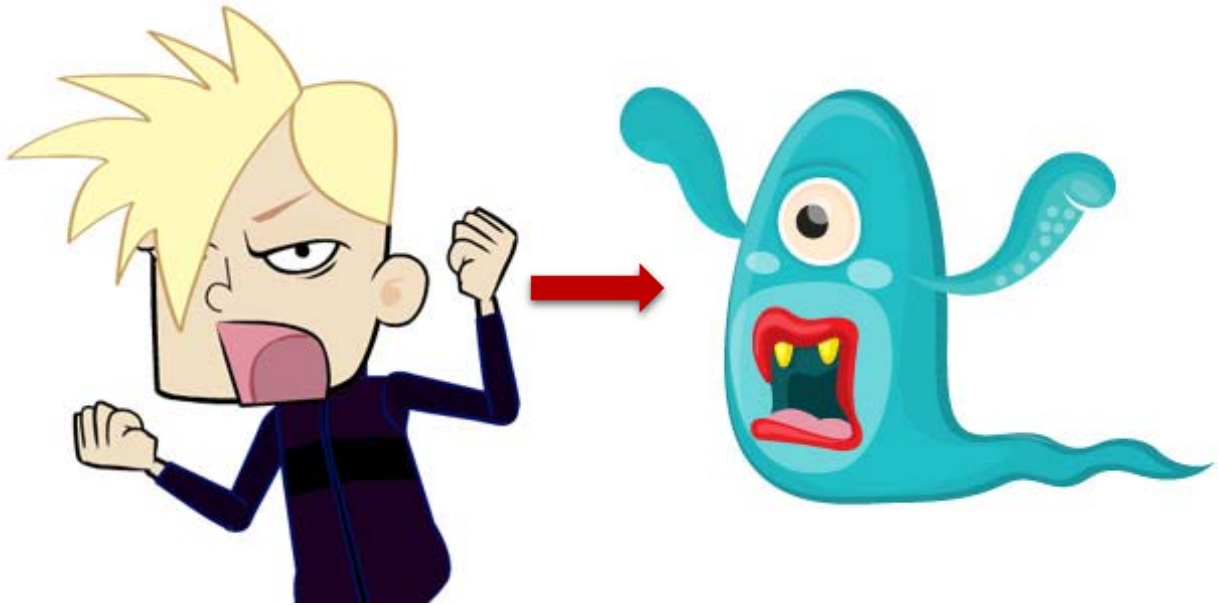


What does your Angranimal look like?

Imagine that you were sooooo incredibly, ridiculously, unbelievably angry that you spontaneously transformed into an Angranimal. What's an Angranimal? An animal representation of your anger that is so silly you can't help but laugh!

Here are some examples of Angranimal transformations:





Your turn! On the next page, draw your Angranimal.



Draw your Angranimal with as much detail as possible here. After you've created it, act out your Angranimal. Give it a funny voice and make sure it's really angry! Be sure your creation is so ridiculous and exaggerated with emotion that it makes you laugh. Next time you feel like exploding with anger, close your eyes and envision transforming into your Angranimal.