

GoZen!

What
does your
Angranimal
look like?

Brought to you by GoZen.com

THANK YOU SO MUCH!

Our mission at GoZen! is providing parents and practitioners with the tools they need to arm kids with essential life skills - not only to manage anxiety, but to live with deeper purpose. We can't do it without your support!

Have any questions or comments about our printable kits? Reach out to go@gozen.com, we'd love to hear from you.

YOU MAY ALSO ENJOY :



**Click here to learn more about our New
Animated Program on Anger Transformation!**

GoZen.com/anger/

TERMS OF USE

NEED MORE THAN A SINGLE LICENSE?

- 1) Your kit purchase includes a single license you can use with your family or in your private practice in a counseling session!
- 2) Want to print lots of copies? Please learn more about [extended licenses here](#).

SHARING MATERIAL

We put a lot of hard work into creating these materials and other resources to help kids thrive. We kindly ask that you do not share, copy, repurpose, resell, or embed these materials into your own. If you have a special need, please email us at go@gozen.com. We'd love to hear from you. :)

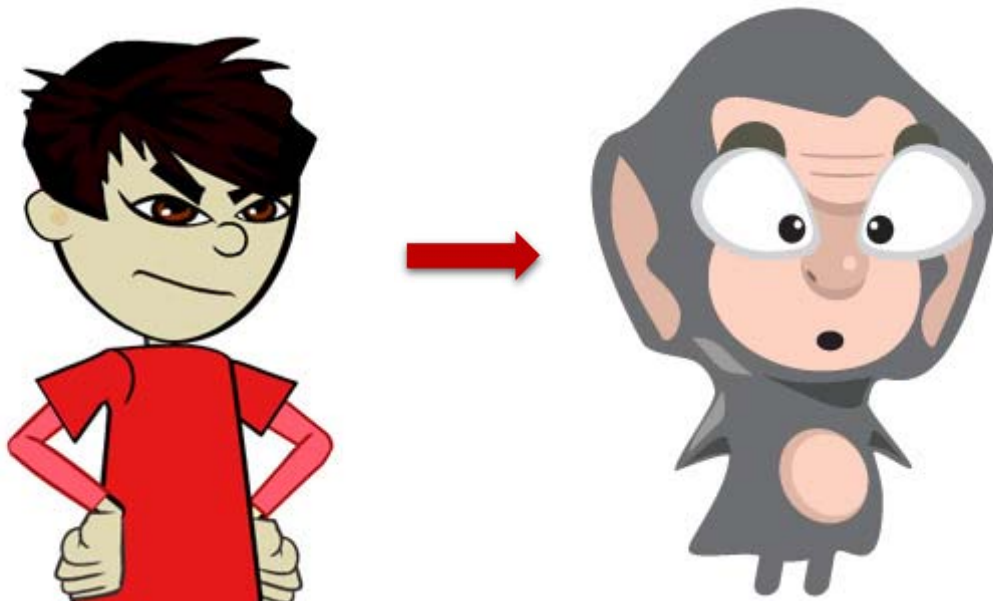
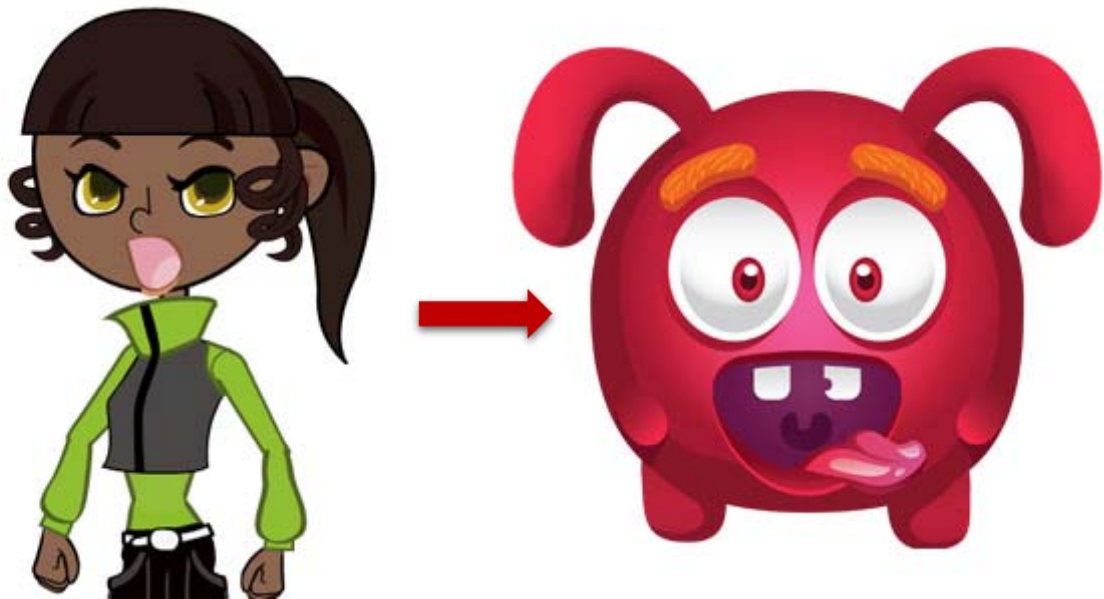
TRANSLATIONS:

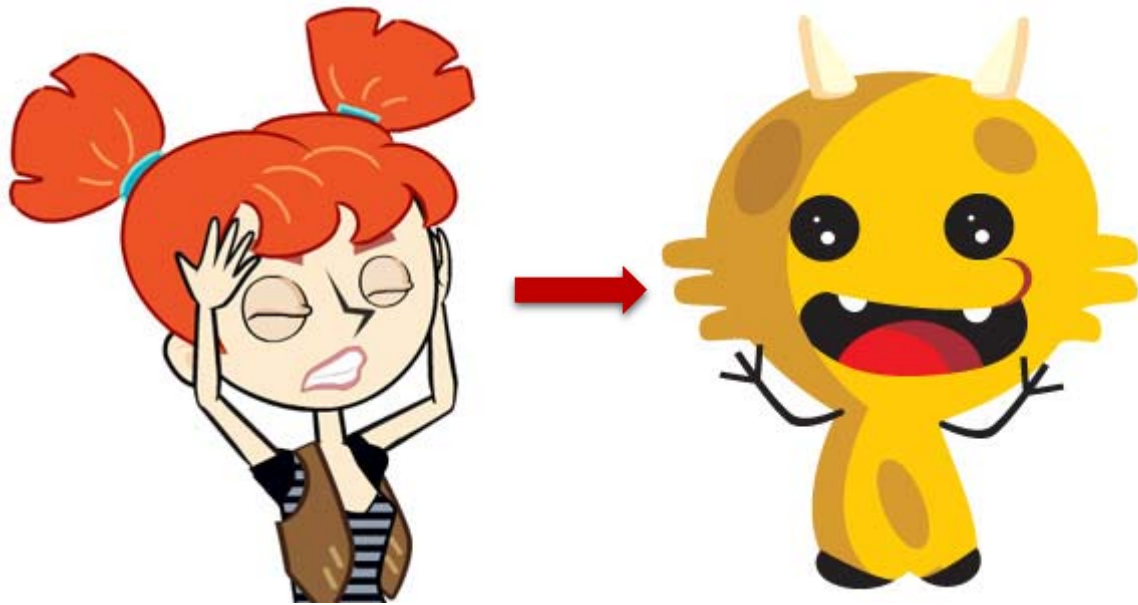
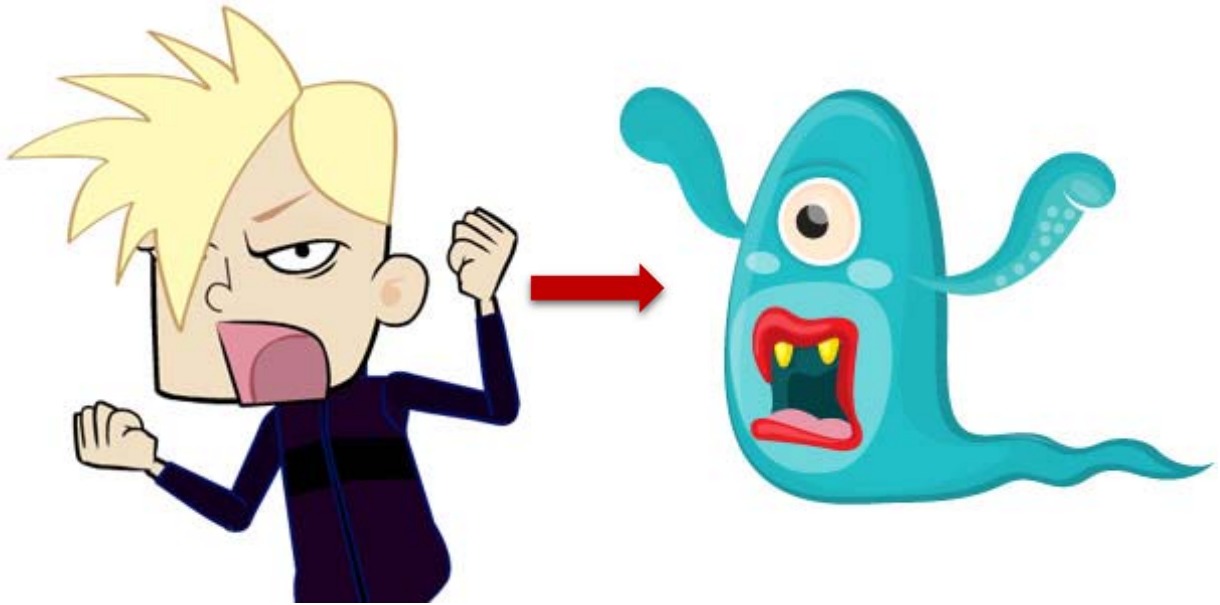
We are working on translations for this kit. We have it [available in Spanish here](#). We will have it available in other languages soon!

What does your Angranimal look like?

Imagine that you were soooooo 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.