



What Is My Child Learning?

Your child is learning to manage strong feelings, such as anger, by using the Ways to Calm Down.

Why Is It Important?

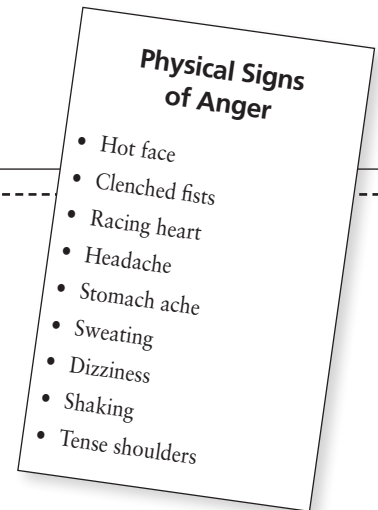
When their strong feelings are under control, children are better able to think clearly and avoid hurting others people's bodies or feelings.

Ask your child: **Why is it important to calm down angry feelings?**

Read Together

Everyone gets angry sometimes. Feeling angry is natural, just like all feelings are natural. You can use the Ways to Calm Down to help you manage your anger so you don't do something hurtful. After you stop and name your feelings, try one or more of the following Ways to Calm Down.

- Belly breathing
- Using positive self-talk
- Counting



Practise Together: It Adds Up to Anger!

Everyone feels anger in different places in their bodies. For this activity, decide what physical signs add up to anger for each of you.

1. Think about the last time you felt really angry.
2. Read the 'Physical Signs of Anger' list.
3. Decide which signs match how you felt the angry feeling in your body.
4. Write the signs you chose in the spaces below. Add your own physical sign if it's not on the list.
5. Now practise using the Ways to Calm Down.

C H I L D	+
	+
	+
= ANGRY	

A D U L T	+
	+
	+
= ANGRY	

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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