

# Finding a good solution

To help your child think of ways to feel better when they are angry

You will need:

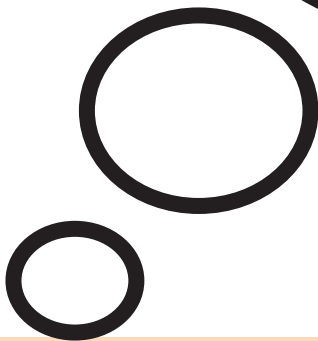


Talk about a time when your child has felt angry. Help them think of lots of different things they could do to feel better.



Count to ten

Listen to calm music



Try this activity soon after your child has been angry, but after everybody has calmed down.

## Let's talk...

Share times when you have felt angry and what you do to feel better.

Do your solutions obey the golden rules?

## The Golden Rules for a Good Solution!



It makes me feel better



It doesn't hurt me or anyone else