

# My key-ring of solutions

To help your child find ways of coping with anger and other difficult feelings

You will need:   

Make a small key-ring of your child's personal strategies for coping. Fill in and cut out the rectangles and stick them on card before cutting them out and assembling them into a key-ring.

When I feel...



I can feel better by...

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

## The Golden Rules for a Good Solution!



It makes me feel better



It doesn't hurt me or anyone else