

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

You will need: 🔍 🚜



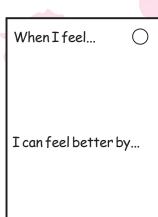




Make a small key-ring of your child's personal strategies for coping. Fill in and cut out the rectangles and stick them on card before cutting them out and assembling them into a key-ring.

When I feel	
I can feel better by	

WhenIfeel	$\circ$
I can feel better	by





When I feel	0
I can feel better by	<b></b>







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