

# Finding a good solution

To help your child find ways to help themselves feel better when they have difficult feelings

You will need:



Talk about a time when your child has felt sad, angry or jealous. Help them think of lots of different things they could do to feel better. Write or draw the ideas in the thought bubble.



## Let's talk...

Share times when you have had a difficult feeling and what you did to feel better - did 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