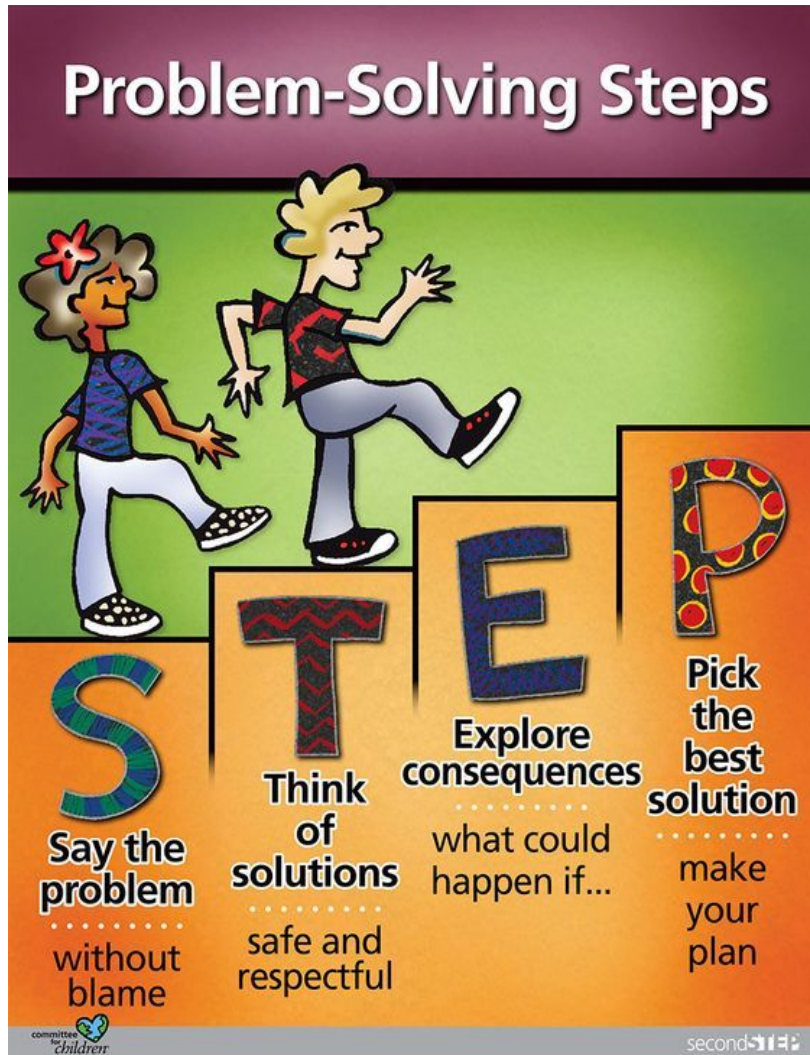


Here is a simple process to use when your child is having a difficult time with his/her feelings due to a situation. By helping them work through his/her emotions positively and showing them how to choose positive words will help develop great problem solving skills.



See 2nd page for ideas on how your child can calm their emotions in a productive, positive way.

Ideas for "Taking a Minute"...

