

## Recognizing When We Have Been Angry

Children (and adults) do things they wish they hadn't done. When we become grumpy or angry, we can say things we don't mean or behave in destructive ways.

Try out this exercise to capture when the child got angry and how they could have handled it differently.

Ask the child to write down three times when they got angry, that looking back on it, they wish they hadn't:

What happened?	How could I have acted differently?

Reflecting on what has happened can make us more aware of what is going well or badly.

Answering how the child could react differently can start the process of building better habits around emotions.

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