For your child



I say it with words

When I'm sad, I say it and ask for what I need.

What shall we take out of the backpack?

For the fridge

Happy and Sad House

If I see my child is sad, **then** I say "it looks like you're sad" and I wait; I don't rush the feeling away.

For your child



Under the wing

Stop (hands still) → hug myself → breathe → say how I feel.

What shall we take out of the backpack?

For the fridge

Angry House

If my child gets angry, **then** I say "you're angry" and we go under the wing together.

If they want to hit, **then** I stop them calmly ("I won't let you hit") and offer to say it instead.

For your child



I ask my grown-up for help

When I'm scared, I go to my grown-up. "Not yet" is okay too.

What shall we take out of the backpack?

For the fridge

Scared House

If my child is scared, **then** I say "you're scared; I'm here with you" and help them look at what it was, without rushing.