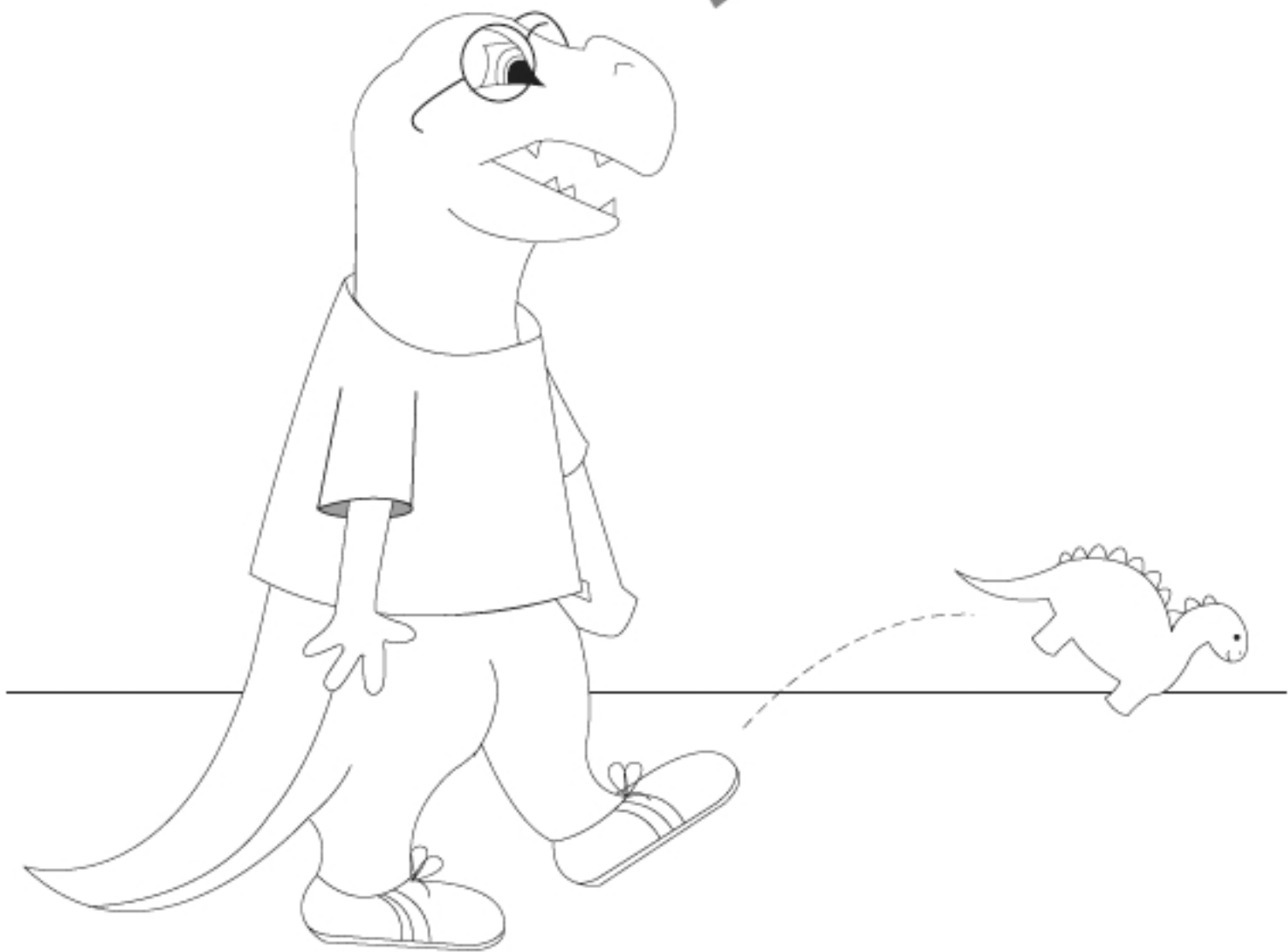


When I get home, I feel **mad!**

ROAR!



Parent Notes

Feeling mad is a natural feeling and young children sometimes feel guilty or get more upset when the adults in their life do not help them express anger appropriately. Learning to express one's anger in appropriate ways as a young child is a valuable lesson. Let your child know it is *not* okay to direct anger toward another person, but he or she can use a stuffed animal or a pillow if they need to "get it out". Teach your child how to take deep breaths to calm down. Another suggestion is to give your child choices and involve your child in the process of finding a solution.