

## Purpose

Help the child manage his or her emotions in a difficult situation.

## Required material

Poster attached.

## Step-by-step activity:

1. Show the poster to the child and say:

*“Everyone feels happiness, sadness, fear, anger and many other feelings. At times when a hard situation happens it can be very difficult to control our behavior.*

*For example, when someone hurts us, we may be very angry. It’s okay to be angry, everyone feels that way from time to time. The important thing is to control how we chose to behave when we have those feelings.*

*For this reason, learning the 5 steps of the poster can be very good.*

*Let’s see together what we can do to avoid behaving in an inappropriate way!”*

2. Explain that when this happens, the child can find the poster and try to follow the 5 steps.
3. Celebrate whenever the child successfully follows the 5 steps.
4. Ask what happens when (s)he fails and what the child could do differently next time to improve his/her behavior.
5. Cut and paste the poster in the child’s room (or any accessible place) só that the child can remember the steps as needed.

NOTE: It is very important to always remind the child that there is no good or bad feeling. All of us have various emotions and feelings. What can turn into a bad thing is how we choose to react to the situation, our behavior acting inappropriately or disrespecting others.

## 5 STEPS TO CONTROL MY EMOTIONS

**1**  
Remember that I can't hurt the others

**2**  
Take 3 deep breaths or count slowly to 10.

**3**  
Use my words to say how I feel and what I would like to happen.

**4**  
Ask for help to solve the problem.

**5**  
Take some time to calm down.

