

## Nurture Check In

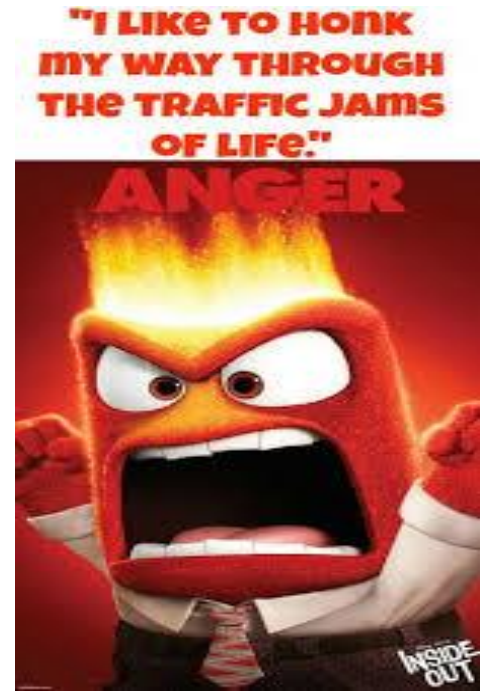
Hellooo!

Boys & Girls, our Emotion of the Day today is ANGER 😞

DO NOT TEACH  
YOUR CHILDREN  
NEVER TO BE ANGRY;  
TEACH THEM HOW  
TO BE ANGRY

LYMAN ABBOTT

PICTUREQUOTES.COM



It's important to know that it is **ok** to feel **angry** sometimes..  
Everybody does!

But we know that even when we are **angry**, we must use our words, and not use our hitting hands..

- Can you think of something that makes you feel **angry**?
- Can you make an **angry** face in the mirror? Now can you draw a picture of someone with an **angry** face, what has made them feel **angry**?
- What can you do to make yourself feel **better**? Who can help?

It is ok to feel angry.



When I am angry I should take some time out and can try...

Count to 10 and take some deep breaths..



Go for a walk or do some exercise like running around the garden..

Do something that makes me feel happy.. like play with my toys, or play outside..



Tell someone or show them a picture of what is making me feel this way..

Use a calming jar.. (See next page for how to make)



But I know that it is not good to use my **shouting voice** or my **hitting hands**.

I have words I can use instead:

"Stop" "I'm feeling angry" "I need some quiet time" "Can you help me"

## Mindfulness Calming Jar

These magical sensory, glitter jars are a way to soothe, relax and calm children until they are ready to talk about how they are feeling.

Simply put a dollop of glue and lots of glitter and/or sequins into an empty jar or bottle. Get a grown up to help put some hot (not boiling) water in to dissolve and mix it altogether. Once the water has cooled, place the lid on and give it a good shake.

Give them a good shake and simply watch and wait for the glitter to settle.

The swirling glitter is the same as an overwhelmed child's mind, and can refocus and refresh a busy head and big emotions as it settles at the bottom of the jar.



Can also be used as a timer for thinking time or calm down time, if you are not happy with your child's **behaviour**, give them some time with a calm down jar to regulate their emotions and to think about how and why they were acting. Once the time is finished, have a chat about other ways they could have expressed their emotion & have a nice big hug.

Remember, it is ok to **feel**, but some behaviours make other around us feel sad and are not good ways to express our feelings. Emphasis is put on the **behaviour** making us feel sad or unhappy, and not the **child** themselves, and a restorative chat about how to make us feel happy again, and what we could do next time, as well as a great big hug is always recommended.

If you or your child are finding it particularly difficult to manage or regulate your emotions during this stressful and unusual time, please give us a message. We are more than happy to chat and help in any way we can.

*“It is vital that when educating our children’s brains that we do not neglect to educate their hearts.”*

— Dalai Lama



*“The way we treat our children directly impacts what they believe about themselves.”*  
— (Ariadne Brill)

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