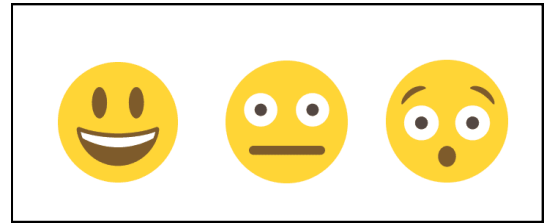


For this activity you will need:

- Read Social Story with your child 'When I am Feeling Sad, Frustrated or Angry'.



What is the learning in this activity?

Ages: Four+

Purpose: To support children to begin to understand and express their emotions and self regulation skills.

Let's play!

1. Read the social story together and talk about the different feelings in the story and compare the feelings to how you feel.
2. What makes you feel this way?
3. Talk together about ideas to help you when your feelings and emotions are effecting your behaviour and interactions.

Let's talk..

Qs - What can we do that makes us feel happy and calm?

Extension - Create a list of ideas with your child and put it in a place that is visual.

We'd love to see your creations and home based play.

Share with us at: @YarraRangesFamilies #YarraRangesPlay

You can contact the YRC Family & Children's Services team on 1300 368 333 or by email at earlyyears@yarraranges.vic.gov.au