

### WORKSHOP

# Dealing with anger

Dear parents,

Today *Minipally* got mad at Tickle Rabbit, who pushed him. He told him “no!” and called \_\_\_\_\_ (teacher’s name). She stopped Tickle Rabbit and gave *Minipally* a hug. *Minipally* said that I can call my teacher too, at the daycare, or my parents at home when someone makes me mad. They’ll help me use simple words to express myself (“No!” “Don’t want!”). That way, I won’t hurt anyone or break anything, even if I’m red with anger.

Note: Children can also use an object to comfort themselves. Young children tend to go toward an adult they trust when they feel a strong emotion, whether it’s sadness or anger. This seeking of security and comfort should be positively supported.