

# Managing Emotions and Responses

## Child Information

Child's Name:

Child's Date of Birth:

Child's Age:

Home Address:

Contact Details (Your Phone Number or Email):

EMOTION/BEHAVIOR	APPROPRIATE RESPONSE
They feel frustrated when they can't solve a problem	They can take a break, or ask for help
They get angry when they lose a game	They learn to congratulate the winner and practice good sportsmanship
They are upset because a friend was mean	They can express their feelings to their friend in a calm manner
They feel anxious about a test	They can prepare in advance and practice stress-relief techniques
They are excited about a birthday party	They can express their excitement appropriately without disturbing others
They feel sad when their favorite toy breaks	They can talk about their feelings, and maybe discuss fixing or replacing the toy
They are scared of a thunderstorm	They can find a safe place and engage in comforting activities until the storm passes
They feel embarrassed when they make a mistake	They learn to accept it as a part of learning and not to dwell on it
They are happy when they accomplish a task	They can celebrate their success and remember the steps they took to achieve it

This activity helps children (3-12) understand that all emotions—both positive and negative—are normal and can be managed with appropriate responses.

**Direction:** Cut out the lists of emotions/behaviors and appropriate responses. Put the two lists in separate piles. Have your child draw one from the emotion/behavior pile and find the corresponding appropriate response. Discuss why it's an appropriate response. Repeat until you've matched all the cards.

**Variation:** Using just the emotion/behavior cards, have them determine what the appropriate response would be.

**Notes:**

Please adjust as needed to suit the age and understanding of your child.