



BILLY'S PLACE

21448 N 75th Avenue Suite 5 Glendale AZ 85308

CREATING CONNECTIONS

DESIGNED TO HELP FACILITATE DISCUSSION WITH YOUR FAMILY

Love is...

I show love by...

I love...because...

Love feels like...

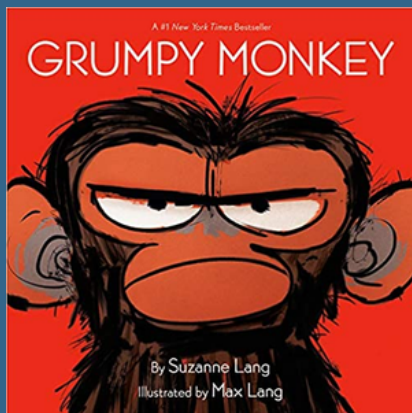
Something that makes me angry is...

I deal with my anger by...

When I am angry I talk to...

I stay calm by...

BILLY'S BOOK CORNER



A book about acknowledging grumpy feelings. After reading the book maybe ask your kid what helps them feel less grumpy.

FEBRUARY 2023 LOVE & FURY

COOL DOWN FOLDABLE

Supplies: paper, markers

Instructions:

Make a square shape with the paper and fold the edges of the paper inward to make tabs or you can make a flower, like the picture below. In the middle, write "I can cool off by..."

Brainstorm with your child different ways to cool off when they are angry. This can be taking deep breaths, taking a walk, etc.

Instruct your child to refer back to their foldable when they are angry in order to calm down!



Table Talk

When around the table, encourage everyone to share what they love about one another. These could be personality traits, things you do for each other, etc. After you have had a chance to share, talk about different ways love fills our lives and the ways you can show it to each other.

Once your conversation about love is complete, have a discussion about anger and what types of things make you angry. Encourage everyone to discuss how they work through their anger and whether or not they talk about it. This can help both kids and adults recognize when they need to ask for help and need to talk to someone about the way they are feeling.

