



# BILLY'S PLACE

21448 N 75th Avenue Suite 5 Glendale AZ 85308

## CREATING CONNECTIONS

DESIGNED TO HELP FACILITATE DISCUSSION WITH YOUR FAMILY

### Anger and Love

Expressing **anger** in a healthy way allows us to protest our loss. If we don't let the anger out, it turns inward toward ourselves.

Showing **love** is necessary for our well being. The act of giving and receiving love, helps us to process our loss.

Love feels like...

I show love by...

Anger feels like...

I show anger by...

# FEBRUARY 2024 LOVE & FURY

## COOL DOWN FOLDABLE

Supplies: paper, markers

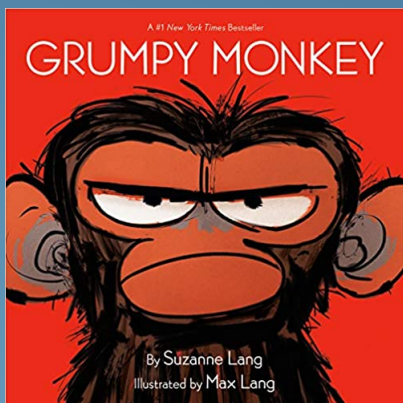
### Instructions:

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!

## BILLY'S BOOK CORNER



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



# Table Talk

When around the table, encourage everyone to share things they love about each other. Personality traits, skills they have, activities they like doing with that person, etc. After you have had a chance to share about others, discuss what each person loves about themselves. What are some ways we can show love and appreciation to ourselves and other people in our life?

Once your conversation about love is complete, have a discussion about anger and what types of things make you angry. What are some healthy ways to express anger? Who can you talk to when you are mad? Can you write your thoughts and feelings somewhere? 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.

