I’ve Got My Eye on Cue

REMEMBER THE VERBAL AND NON-VERBAL CUES TO WATCH FOR:

- Face—What does the face look like?
- Words—What is being said?
- Body—What does the body look like?
- Actions—What action is happening?

Think about verbal and non-verbal cues. Have you seen your family members showing any of these cues? What can you do if you see a family member having trouble managing a difficult emotion?

These are three verbal cues people in our family often use to show emotion.

These are three non-verbal cues people in our family often use to show emotion.

This is one way we can help each other when we see cues that a family member needs help with a difficult emotion.
I Had a Bad Day

DEALING WITH MY FEELINGS

REMEMBER WHAT TO DO WHEN YOU FIND YOURSELF IN AN UPSETTING SITUATION:

- Stay calm.
- Explain what you’re feeling.
- Tell what you need.

Write the things that you and your family can do to help each other with upsetting emotions.

What are some things we can say to each other or do when we have upsetting feelings?

- __________________________________________________________________________
- __________________________________________________________________________
- __________________________________________________________________________
- __________________________________________________________________________
- __________________________________________________________________________
- __________________________________________________________________________
- __________________________________________________________________________