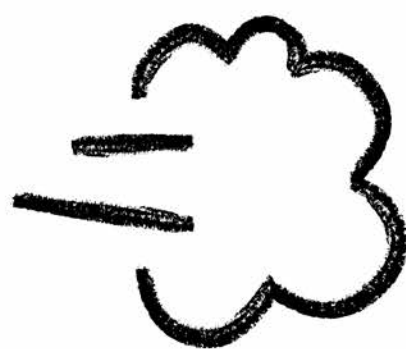


# MEET DIFFICULT EMOTIONS WITH LOVE & SUPPORT

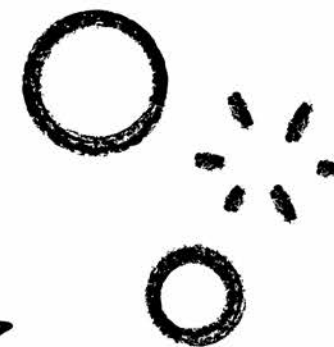
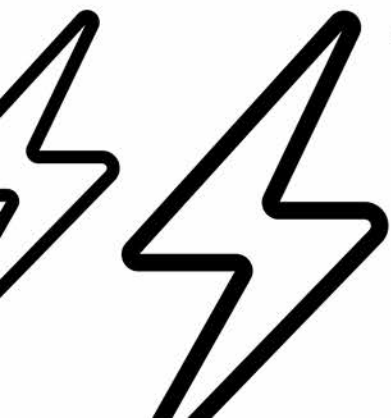
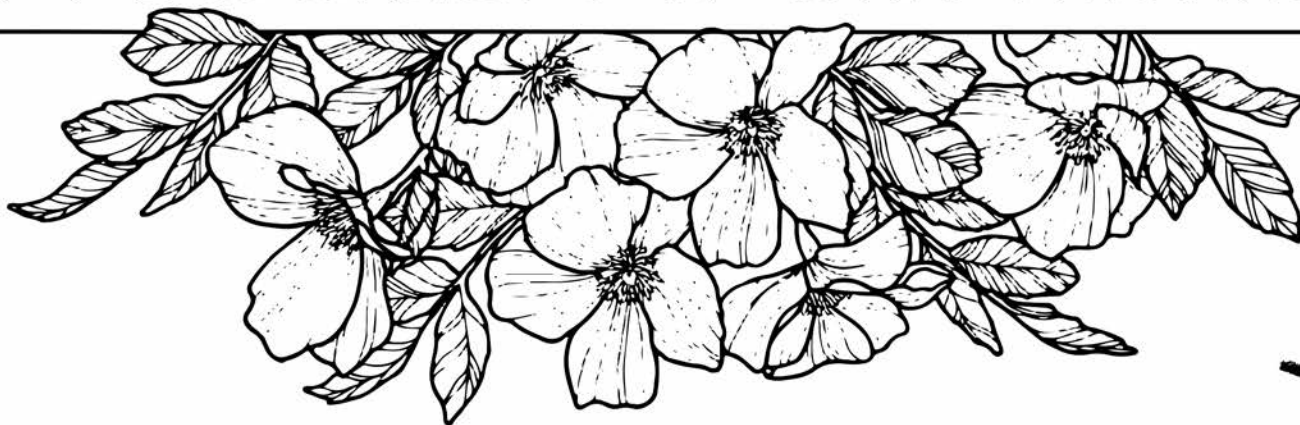


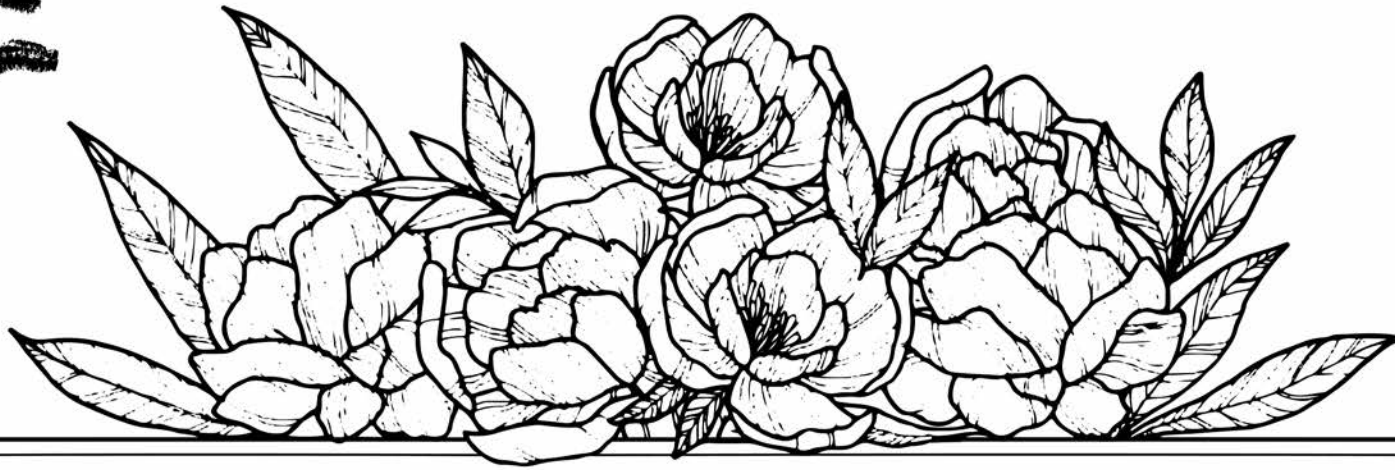


**FIND YOUR BREATH**

**TAKE A FEW STEPS**

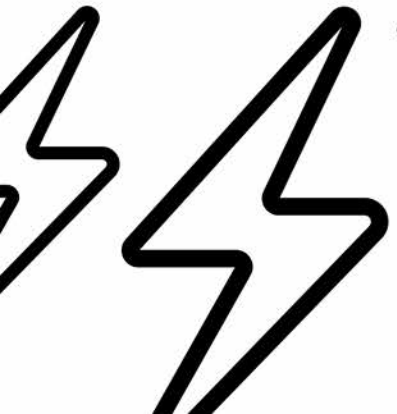
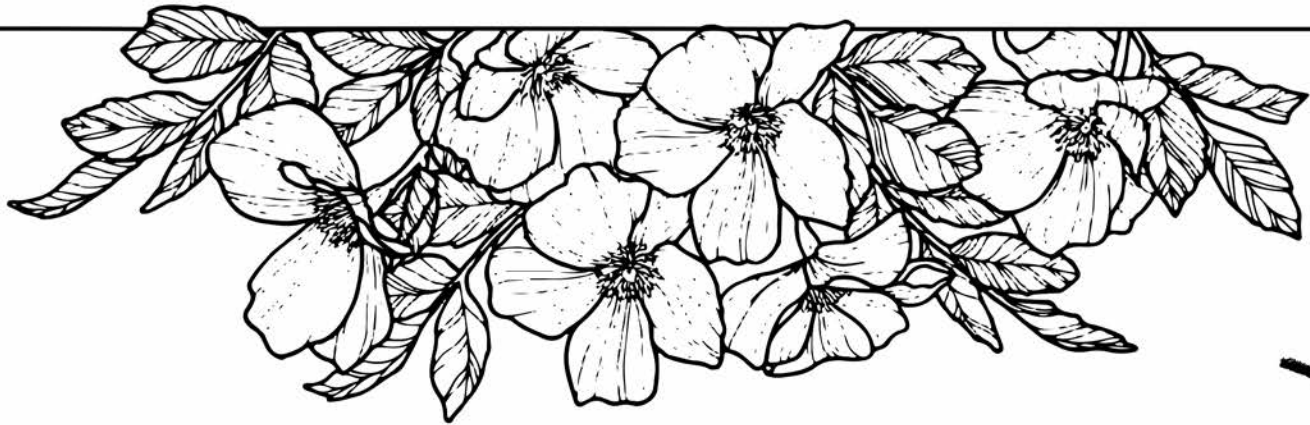
**GIVE YOURSELF ONE MINUTE**

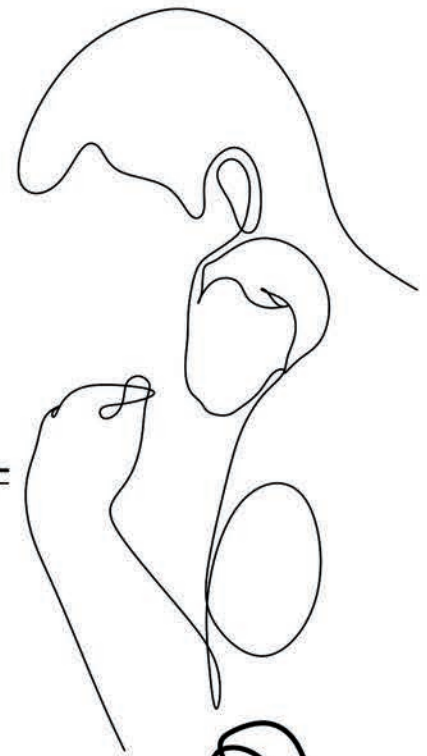
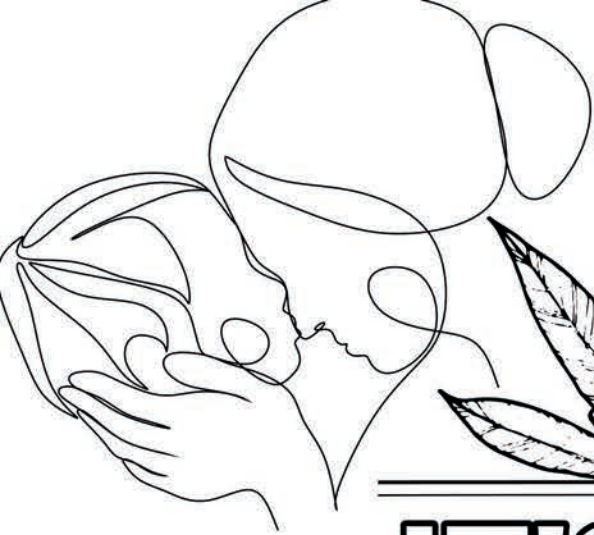




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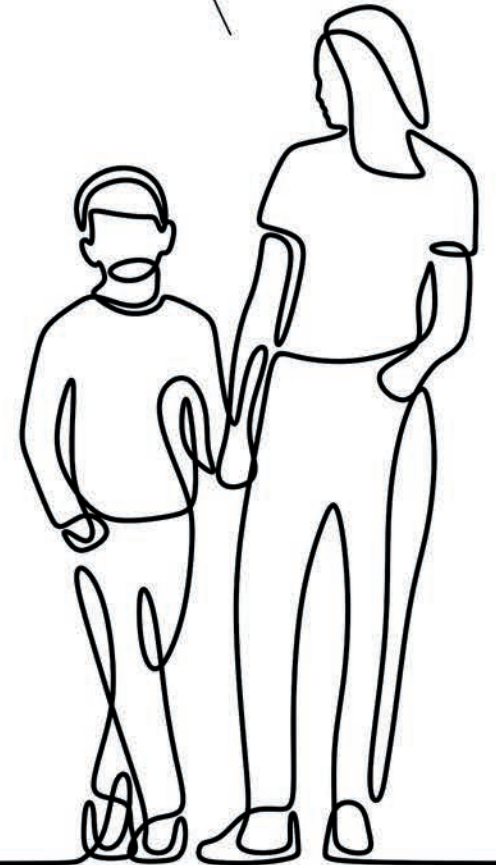
**AM I REACTING BASED  
ON HOW I'M FEELING?**





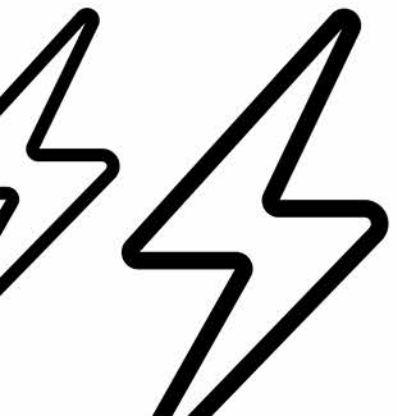
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**IT'S OKAY TO SAY  
"I'M SORRY"**





**DO I FEEL SAFE TO  
TAKE RESPONSIBILITY FOR MY  
REACTIONS?**





**DO I FEEL GOOD ABOUT**



**THE MESSAGE I'M COMMUNICATING?**

# BIG



OR SMALL,  
BIG EMOTIONS  
AFFECT US  
ALL



WHAT SEEMS  
TRIVIAL

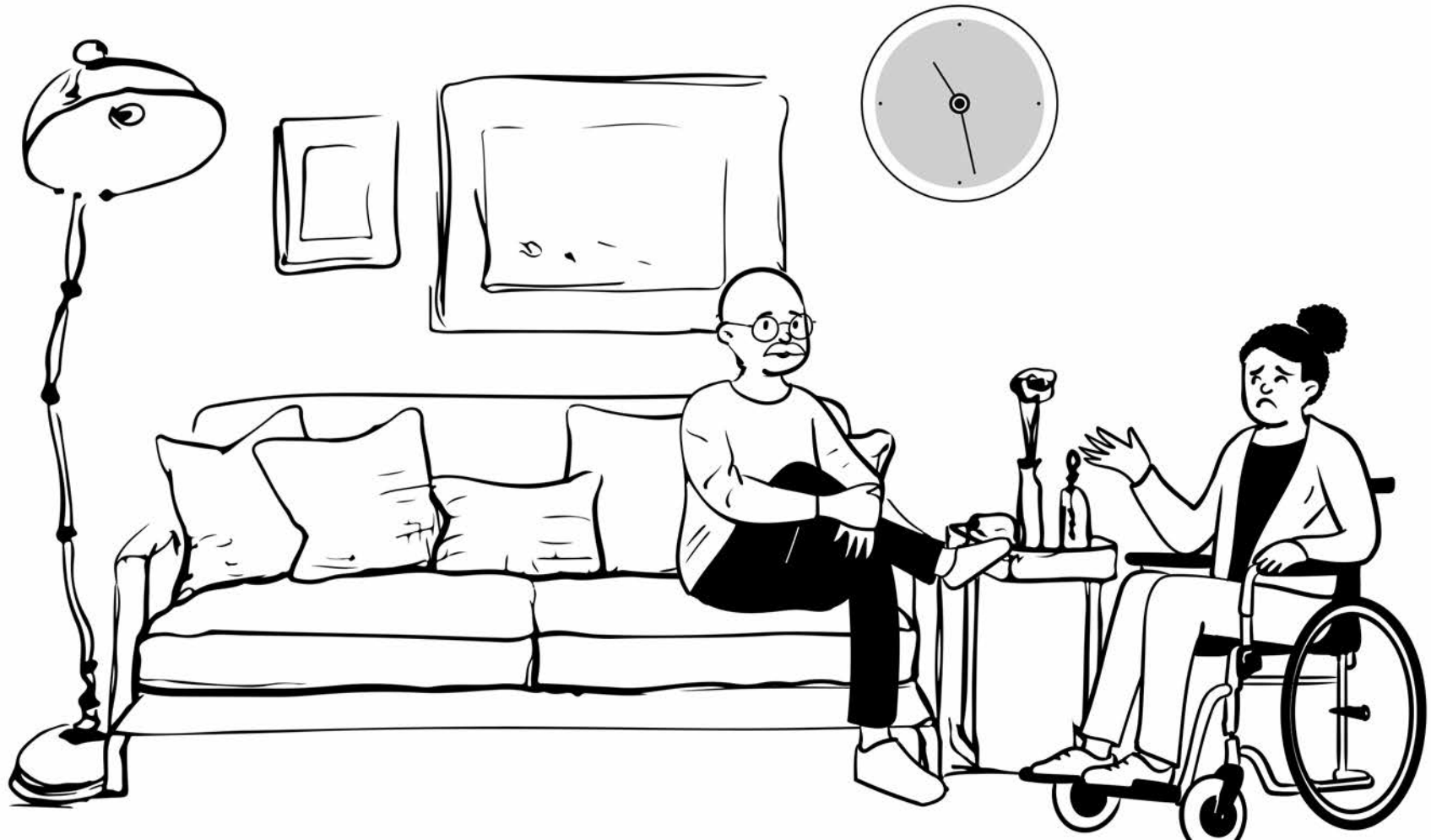
TO US,  
COULD  
MEAN

THE  
WORLD  
TO THEM...

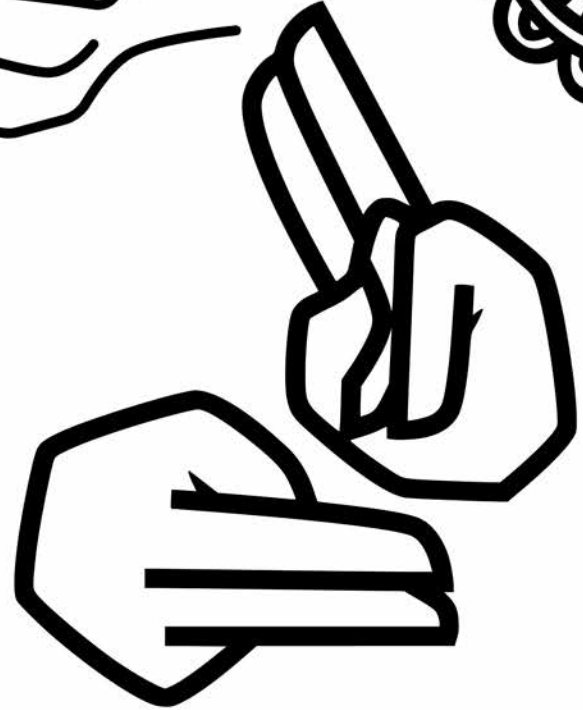
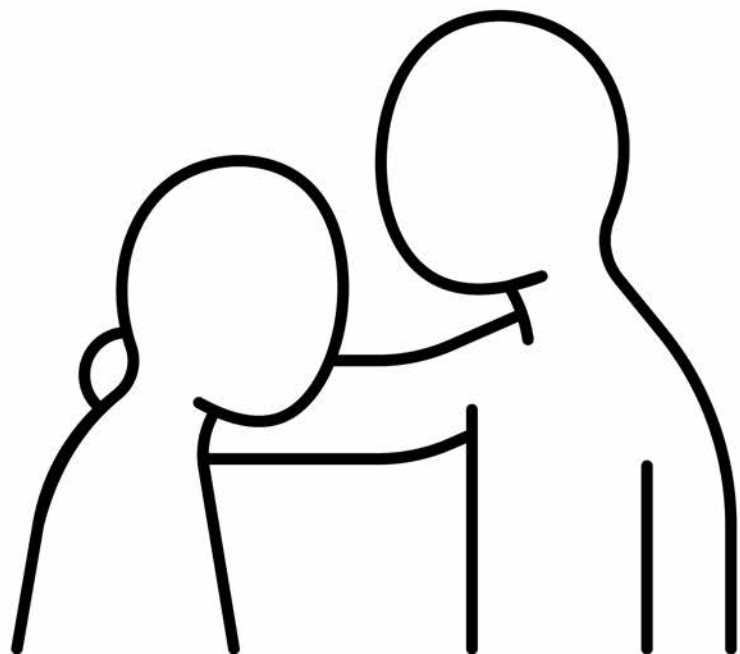




SOMETIMES, KIDS NEED YOU  
TO JUST LISTEN . . .



JUST  
BE  
THERE

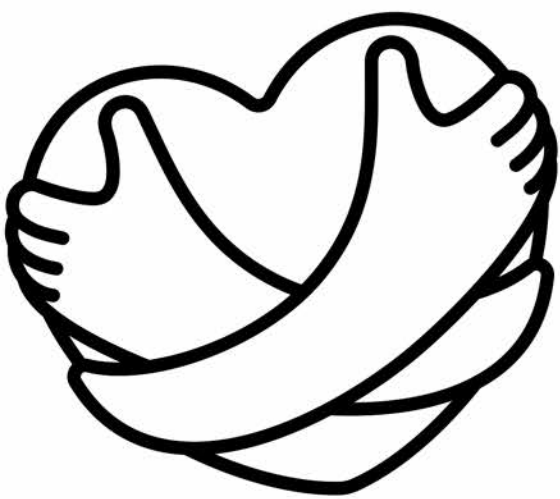


A detailed black and white line drawing of a decorative floral border. It features a central semi-circular arch with a striped pattern, surrounded by various leaves with different patterns like stripes and dots. The entire design is framed by a large, intricate scalloped wreath. The text is centered within a white rectangular box.

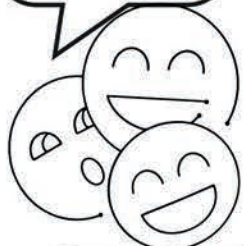
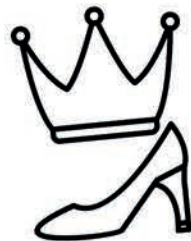
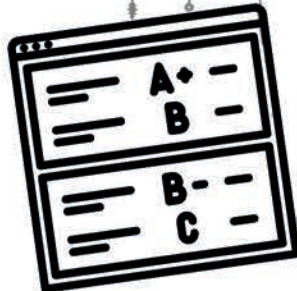
*I care about you*

• • • • • • • • • •  
• • • • • • • • • •

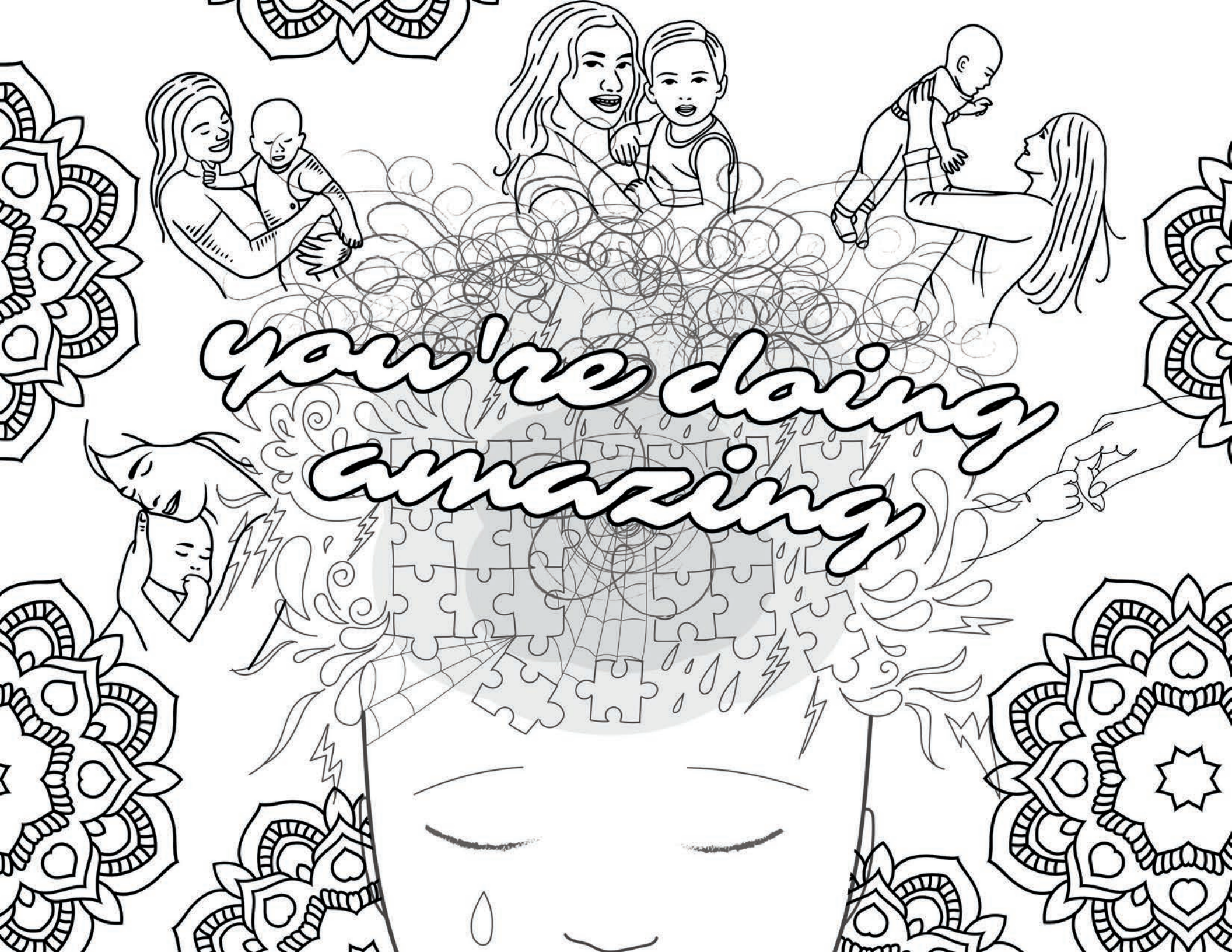
JUST BE THERE . . .



WHAT SEEMS  
TRIVIAL  
TO US, COULD MEAN  
THE WORLD  
TO THEM...



*You're doing  
amazing*





*you're doing  
great*





*negative feedback*  
**STOPS BEHAVIOR**



*positive feedback*  
**CHANGES BEHAVIOR**





**PUNISHMENT ONLY**  
**WORKS** *if the threat*  
**EXISTS** *& is not worth the*  
**PERCEIVED REWARD.**



**IF THE REWARD IS  
GREATER,  
THEY WILL CONTINUE THE  
BEHAVIOR**



**NEGATIVE BEHAVIOR IS  
COMMUNICATING AN  
UNMET NEED**

# NEGATIVE EMOTIONS COMMUNICATE UNMET NEEDS

