



Exercises/techniques we can use

This activity is designed for you to do with your child.

Here you can learn together some things that might help you if you feel your emotions and feelings are a bit too strong or tricky for you to deal with.

Try the exercise/technique on the following page.

- [A B C](#)



A B C

Look around you and list something you can see beginning each letter of the alphabet - see how far you get.



A
B
C
D
E
F
G
H
I
J
K
L
M

N
O
P
Q
R
S
T
U
V
W
X
Y
Z

