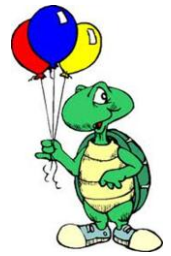


Tucker's Take Home Tasks

(Social and Emotional Skill Building for School Readiness)



Everybody feels angry or frustrated sometimes. How we react to those feelings can either defuse a situation or escalate it.

- Together with your child, circle the things we can do when we are angry and cross out the things we shouldn't do when we are angry.

Talk about how you feel

Hit someone

Count to ten

Breathe deeply

Go to another room

Throw things

Take a bath

Call someone names

*Please Track the time you spend on this activity on your Home School Connection Form.
Thank you! And remember, you are your child's most important
teacher!!!*

Family Member Name: _____
(Please Print)

Time Spent: _____
(Max 1/2 hr per day)

Family Member Signature: _____

Date: _____