

Apple's Friends Module 1: Home Activity

Our Apple Tree

In *Apple's Friends*, Module 1, we have been talking about how to help ourselves, and others, to feel better when we have difficult feelings (e.g. feeling sad, angry or nervous). Please sit down with your child, talk about the day and share good and bad feelings you've had during the day.

Family member: I felt good today because _____

I felt bad today because _____

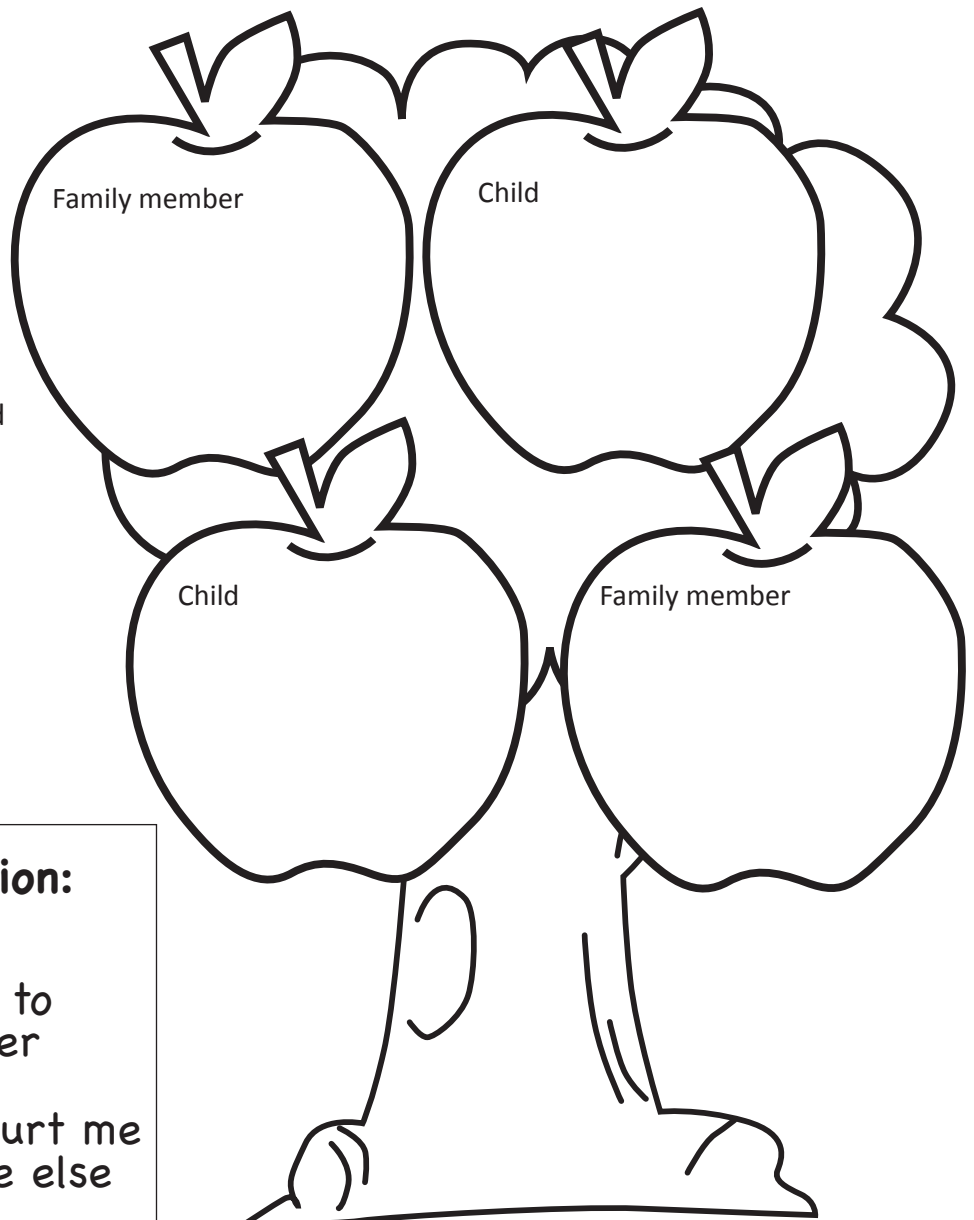
Child: I felt good today because _____

I felt bad today because _____

My ideas to feel better

Two of these apples are for you to complete, and two for your child. Each of you should think of two ways you could help yourself to feel better when you have difficult feelings. Write or draw the ideas in your two apples. You and/or your child could colour in the tree and apples.

Remember: Your ideas must follow the Golden Rules!



A helpful solution:



• helps me to feel better



• doesn't hurt me or anyone else