

List of Acceptable Behaviors

When I Feel Anxious, Frustrated or Angry:

Instead of	I Can
Whining or crying	Use words
Arguing	Speak calmly
Shouting	Pray an Our Father
Screaming	Pray A Hail Mary
Biting	Pray The St. Michael Prayer
Grabbing	Play with another toy
Pushing or shoving	Take a five-minute break
Hitting	Take deep breaths
Kicking	Count to 10
Pulling	Squeeze a stress ball
Teasing or bullying	Pray My Guardian Angel Prayer
Scowling	Wash My Face
Stomping Away	Say, "I need a break."
Throwing Things	Get a drink of water
Having a tantrum	Go quietly to my room

Courtesy of Abby Sasscer

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They Say - You Say

Please note that this list is for parents only and should not be posted for little ones to see.

When Your Child Says	Encourage Your Child To Say
Go Away!	I need some alone time, please.
Shut up!	I need some quiet time, please.
You're so dumb!	Maybe we can try that again.
I hate it!	I did not like that at all.
I don't want to!	Can I try that later?
You're not good at that!	Nice try!
You hurt my feelings!	That hurt my feelings.
I don't need your help!	I can do it myself.

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