

# MY FIVE W's CHART

Parent and child can work on this together by either writing or drawing responses.

what happened?

(Listen to your child's version of the story)

what did you feel?

(Help your child identify their emotion - sad, angry, frustrated, nervous, etc.)

what did you do?

(Discourage negative behavior - I understand you're upset, but pushing is unacceptable)

what will happen next time?

(Give a consequence, natural or removal of privilege, if behavior happens again in the future)

what can you do instead?

(when you're angry, instead of...maybe you could.....)

