

Take a breath:

Breathe in deeply for four seconds, hold for two seconds and release for six seconds. Repeat this several times.

**STOPP:**

If your child reacts with anger, we recognise that this can be challenging at times. Perhaps talking with them about practicing STOPP:

- Stop
- Take a breath
- Observe – What am I thinking? What am I reacting too? What am I feeling in my body?
- Pull back – Put in some perspective. Is this fact or opinion? See the bigger picture.
- Practice what works – What's the best thing to do for me, for others, for this situation?