



April BOOK CLUB Conversation Prompts

EARLY CHILDHOOD - AGES 1-4

- What makes you really, really angry?
- How do you know you are angry? How does your body feel?
- What do you do when you are really angry?
- How can we show we are angry without hurting ourselves, others, or anything?
- Talk about emotions with your child - draw a face of the emotion you felt the most today!
- If your child is struggling with worry, validate their fear and then help them find ways to cope and build confidence.

For additional resources to support children & families, visit
www.ChildrensMentalHealthMatters.org