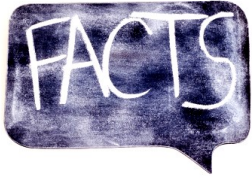




AIM: HURT FEELINGS

OUR TARGET: We're focused on helping our young kids deal with hurt feelings, both their own feelings and the hurt feelings of others. Let's let our kids know that if we try hard to be caring all the time, we will not have to fix hurt feelings as often.



When we're dealing with conflict all of our focus suffers making it harder to complete work.

Studies show that a great percentage of friendships and relationships end simply because people were not willing to talk about the problem.

Having and maintaining healthy friendships positively affects our physical and mental states, giving us a better overall sense of well-being.

Targeting More Meaningful Parental Involvement

Leaps Correlations:
When You Hurt Someone's Feelings | When Someone Hurts My Feelings | Being a Caring Classmate for Beginners



TEAM UP! Try these simple tips to help your child want to talk.

Find your child playing alone sometime, and look at what they're playing with. Ask how they would feel if you just came up and took their toy away from them. If they say, "I don't know," tell them you know that their feelings would be hurt, because you weren't being caring. Ask if they can remember a time at school when their feelings got hurt. Once you have their attention, it's time to talk about how to act when someone's feelings are hurt, including their own.

TALKING TIPS to help you sit down and start the conversation...

If your kids have their feelings hurt you need to help them stay in control of their emotions. Let them know that if we lose control of our emotions, it is very easy to hurt other people's feelings and make the situation worse. If we get angry and lose control it could mean losing a friend—instead of fixing the problem and keeping a friend.

If your child has hurt someone's feelings, you need to help them make it right. Help them to:

- **ASK FOR FORGIVENESS**— Before anyone can do this, especially a child, they have to admit that they have done something hurtful. It may make them sad, but they will have to be strong, get over their sadness, and decide that it is more important to go make the other person feel better. Show them how.
- **BE GENTLE**— Let your child know they need to let the friend they hurt calm down. Your child will need to be ready if their hurt friend says some things that try to hurt your child's feelings because they are hurt. As long as your child knows this may happen, they may be able to keep their friend. First, your child needs to be able to tell their friend that they understand WHY their friend is hurt.

AVOID HURT: If we all do our best to just treat others the way we would like to be treated we could see that a lot of hurt is easy to avoid. As parents, we need to avoid the hurt that can happen between us and our children too. Let's be honest with ourselves and be gentle with our kids and apologize when our words have hurt the ones we love.

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DECISION TIME! CHOOSE to work with your child to help them be caring neighbors and classmates. We need to be aware of other people's feelings to do this. If we are kind and considerate, hurt feelings shouldn't happen so often. Decide now that when your feelings get hurt you will both be calm and stay in control of your emotions. If you are calm, your emotions won't cause either of you to act in a way that could hurt others or even make the situation worse.

GIVE IT A TRY! A chance to practice the target skills together at home:



HEALTHY COMPETITION: PLAY A CARD GAME!

Competition can cause feelings to get hurt. Sitting down with a deck of cards with your child is a great way to spend some time together. Talk through any hurt feelings as they may happen during the card game. Even the most simple of games can make us tense with wanting to win but we can't let our kids want to win more than they want to treat others well. Use this time to really pay attention to both of your reactions during the game.



- Calm your child down if they ever get worked up or upset.
- Remind them that no game is fun for anyone when even one person is taking it too seriously.
- Be careful not to lose sight of your own emotions. Adults are competitive, too!
- While the point of the card game is to win, the reason for the game is to have fun. Work to keep the game, like your relationships in life, enjoyable during the time we spend time with the people in our lives.

Let your child know that the game is like their friendships, except there's no winning in friendships. However, it is easier for people to become your friend when you know how to deal with, or avoid, hurt feelings.

THE RULES OF THE CARD GAME: WAR!



THE GOAL: To win all of the cards in the deck!

SETUP: Shuffle the cards and deal out 26 cards to the two players.

DON'T look at your cards. Keep them in a pile face-down.

PLAYING: At the same time, both players flip over your top card. Whoever has the higher card (Aces always beating any card, King beats Queen, Queen beats Jack), gets to take the two cards and put them at the bottom of their stack. If there is a tie, or the same two cards are played at the same time, keep going on to the next card. Whoever wins the next war will get to take a bigger stack!

WINNING: The first person to get ALL of the cards in the deck wins! If you see that the game is taking too long, play until someone wins three more wars to decide the winner.

Stay On Target

Tips to help keep
your child's new
skills in action at
home and school.

READ all the notes that come home from your child's teacher. Pay attention to any ways your child is acting up in class, and see if they have anything to do with other classmates.

THINK! If your child has had a hard day full of hurt feelings, they may be rude to you. As the parent, stay in control of YOUR emotions, and don't let your kids hurt your feelings. *They need you to be more mature than them.* Focus on helping your kids by being stronger than them emotionally.

HAVE FUN!