

USE THIS TRICK TO **STAY CALM** WHEN YOUR CHILD IS ACTING OUT:

TRY THIS TRICK

PRETEND YOU'RE A **RESTAURANT MANAGER** DEALING WITH A DIFFICULT CUSTOMER.
YOU OUGHT TO STAY **CALM AND RESPECTFUL** EVEN WHEN YOUR CUSTOMER IS ACTING OUT.

AS A "RESTAURANT MANAGER", YOU **USE EMPATHY**

AND

YOU DON'T TOLERATE DISRESPECTFUL BEHAVIOR
FROM YOUR "CUSTOMERS".

WHEN CUSTOMERS **ACT OUT**,
RESTAURANT MANAGERS ARE ADVISED TO:

- 1 LISTEN.
- 2 EMPATHIZE.
- 3 LOWER YOUR VOICE.
- 4 REPEAT WHAT YOU'VE HEARD.
- 5 DON'T TAKE IT PERSONALLY.
- 6 PRESENT A SOLUTION.



I UNDERSTAND WHY
YOU'RE UPSET. BUT I
CAN'T LET YOU TALK TO
ME LIKE THAT.



SO THE NEXT TIME YOUR CHILD IS ACTING OUT, CLOSE YOUR EYES AND TRANSFORM
INTO A RESTAURANT MANAGER DEALING WITH A DIFFICULT CUSTOMER.

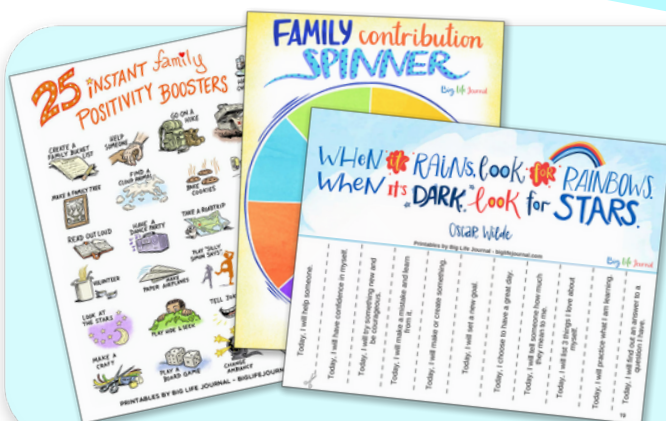
Positivity & Connection Kit

Ages 5-11

Our Positivity and Connection Kit is a collection of printable worksheets, games, activities, and coloring sheets for kids to promote a positive attitude and strengthen their connection with others.

"I use these worksheets with my kids, as well as in my practice as a clinical therapist. I find so many kids with a fixed mindset, and appreciate **helping them shift to this more positive way of thinking.**"

- Sara"



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With gratitude,
Big Life Journal team