

# Focus for the week



Time \_\_\_\_\_ to \_\_\_\_\_ (10 mins)

## Equipment needed

- PowerPoint slides 1.29 to 1.30

## Talk about

Every week we will try to focus on something particular to do at home. Focus for the week activities are designed to help you think and reflect on what we have covered in the sessions. They also give you an opportunity to put into practice what we learn in the course.

Earlier in the session you were given three pieces of paper and an envelope. On one slip I asked you to write down one thing you know you do well as a parent and put it in the envelope.

During the coming week, ask two people you trust to write down on the remaining pieces of paper one thing they think you do well as a parent. Don't peek at what they've written, but place it in the envelope, seal it and bring it back with you to the next session.

Also, if you decide to keep an anger diary, try to fill in a page for one or more incidents that happen during the week.

It will be helpful to look back on to see what you can learn and do differently in future.

You might also want to experiment with and using one of the positive self-talk ideas to see what impact they have.

Next week we will be looking at more strategies for managing our own anger.

FOCUS FOR THE WEEK

- This week, ask two people you trust to write down on the remaining pieces of paper one thing they think you do well as a parent. Without peeking at them, place the completed slips in the envelope, seal it and bring it back with you to the next session.
- If you decide to keep an anger diary, try to fill a page in for one or more incidents that happen during the week.

Time Out For Parents Handling Anger in the Family positiveparenting

Slide 1.29

NEXT WEEK

Next week we will be looking at more strategies for managing our own anger.



Time Out For Parents Handling Anger in the Family positiveparenting

Slide 1.30