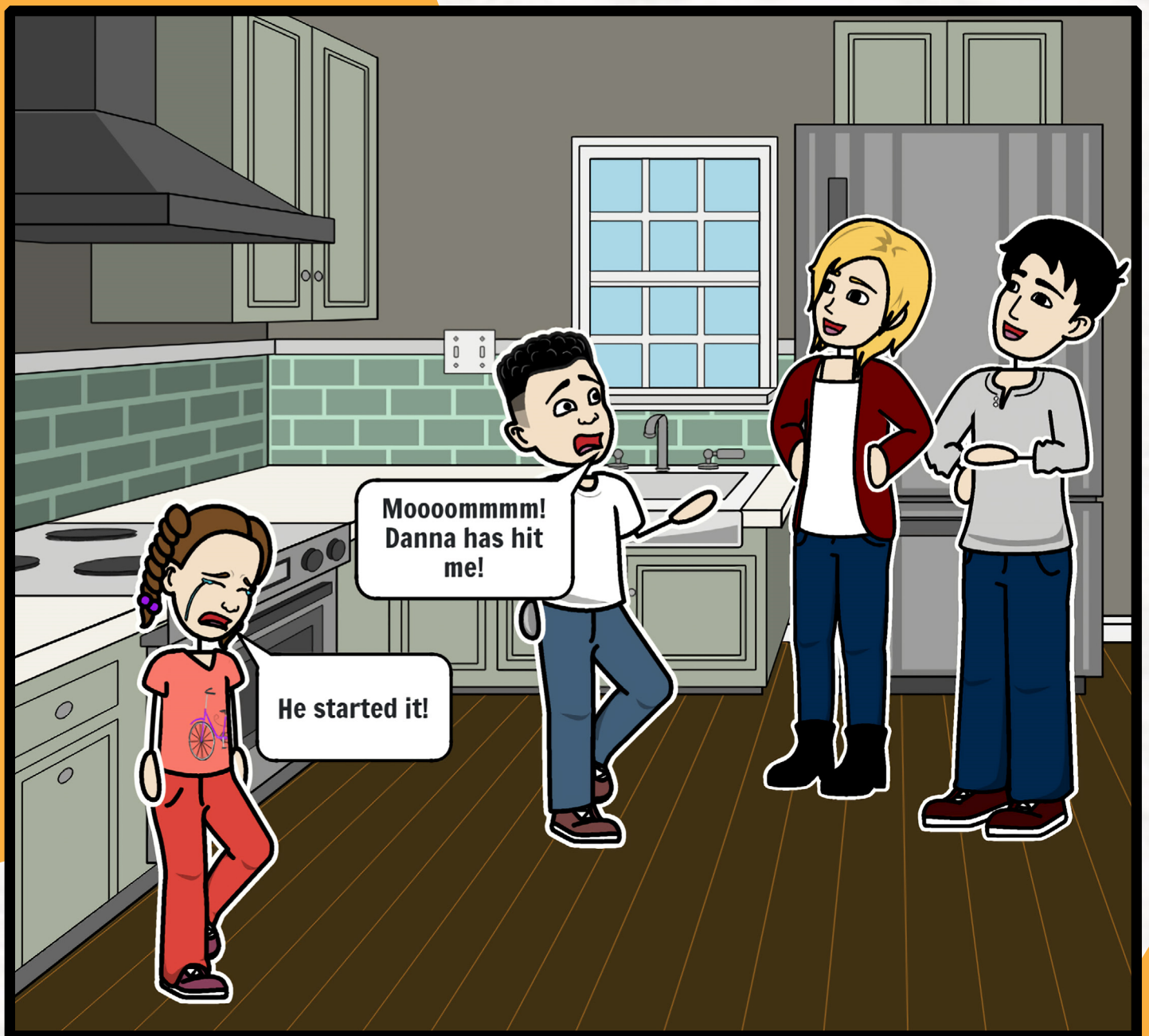
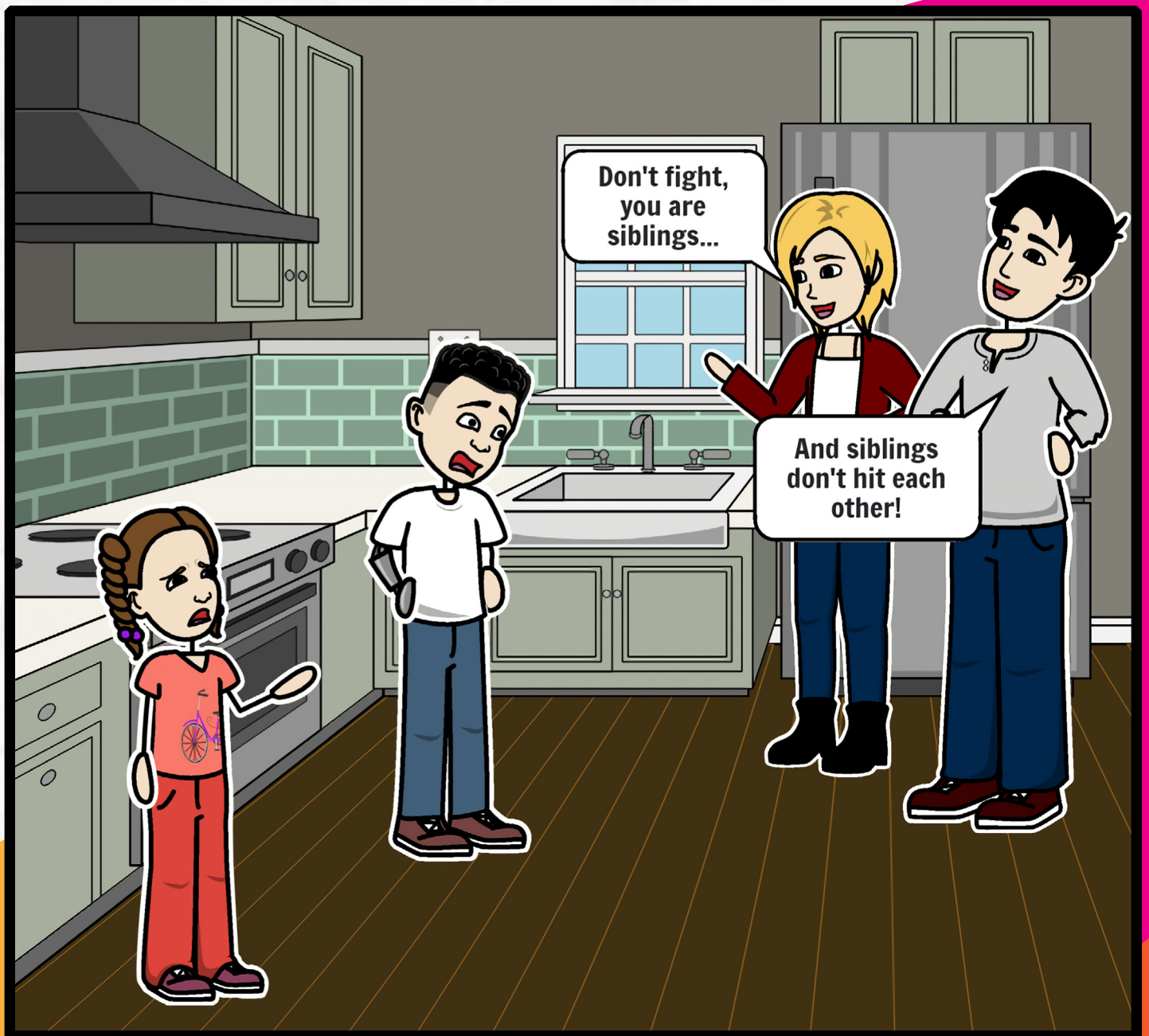


TRAFFIC LIGHT EMOTIONS



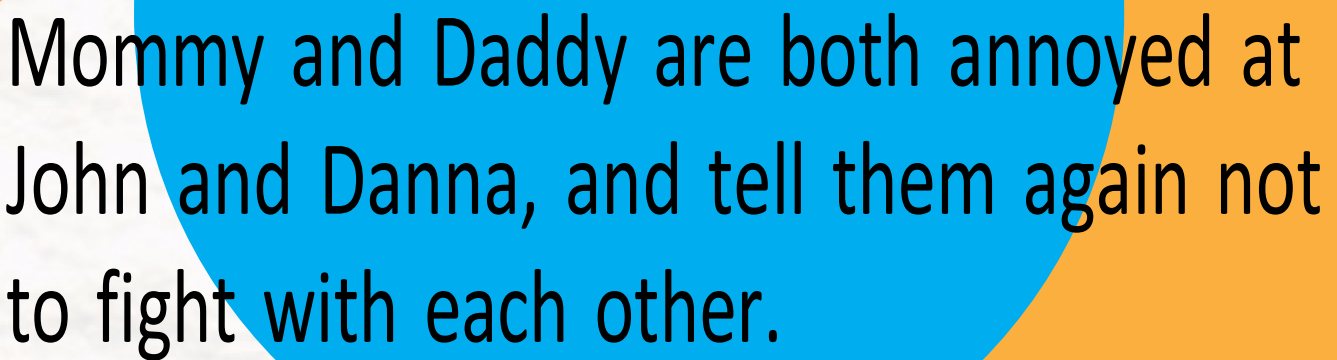
Daddy, Mommy, Danna and John are all in the kitchen. John and Danna are both upset because they have been fighting with each other.



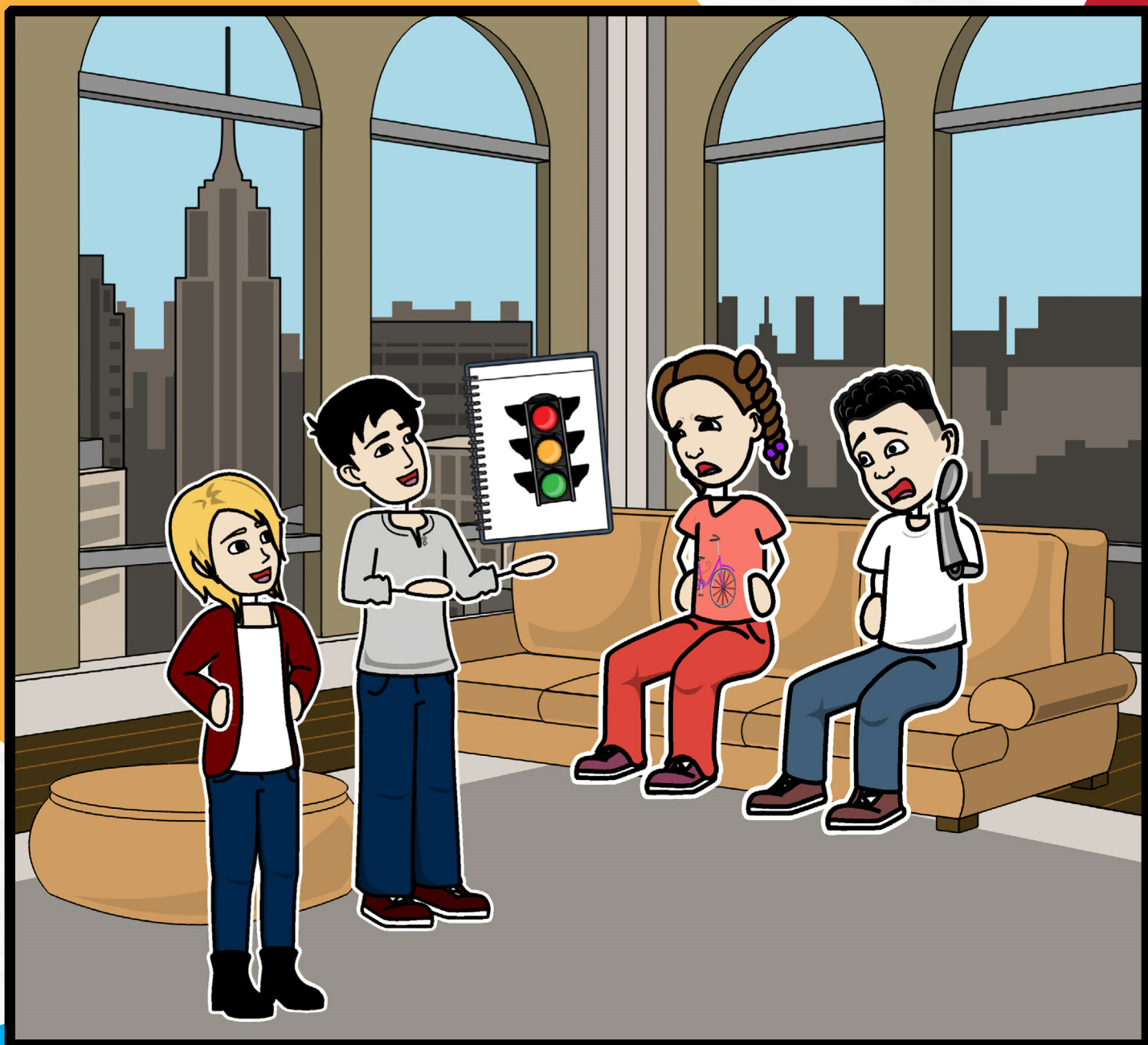
Mommy and Daddy tell Danna and John that they shouldn't be fighting, and they definitely shouldn't hit each other!



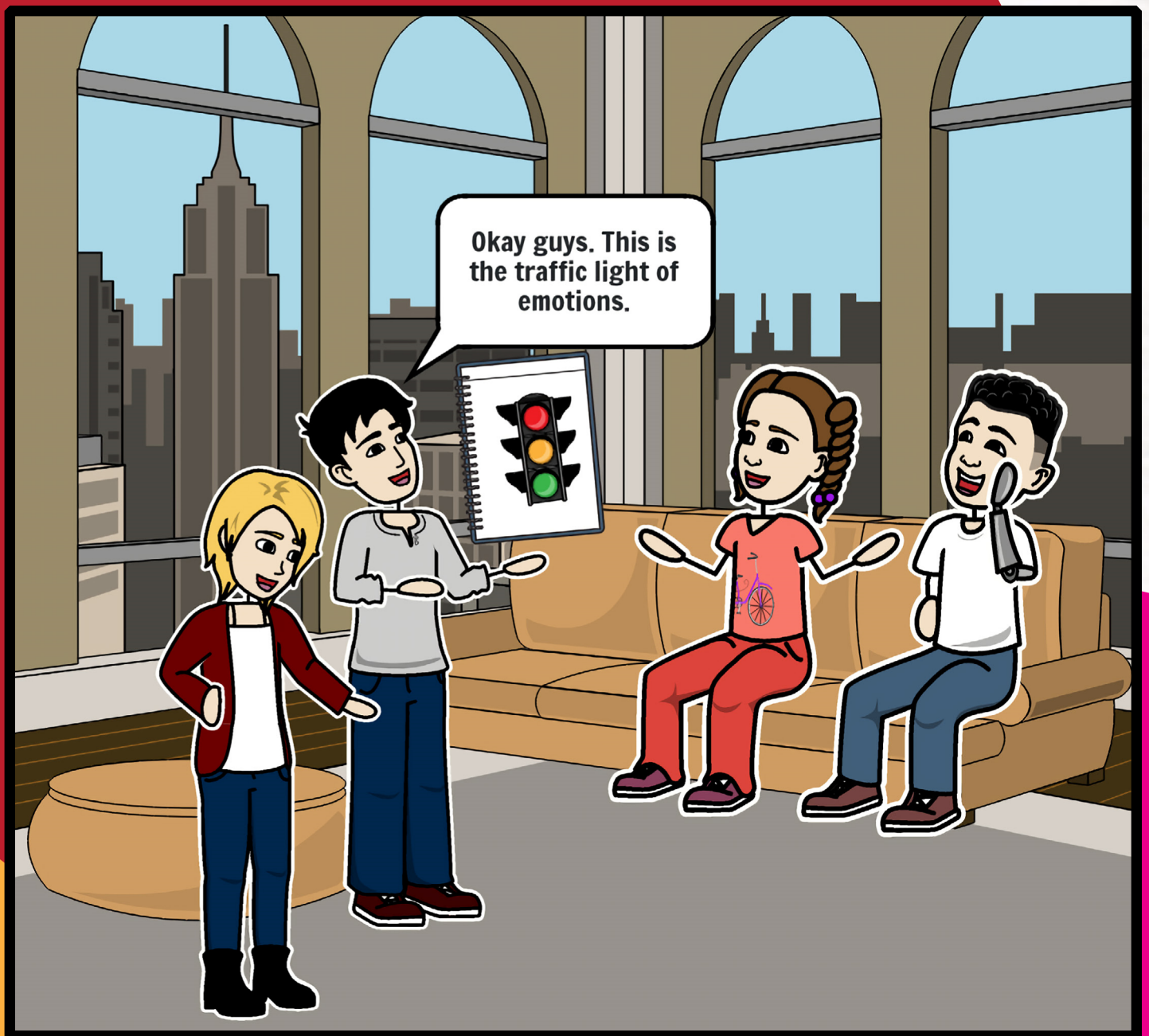
Later on, the whole family are in the living room, and John and Danna have been fighting again!



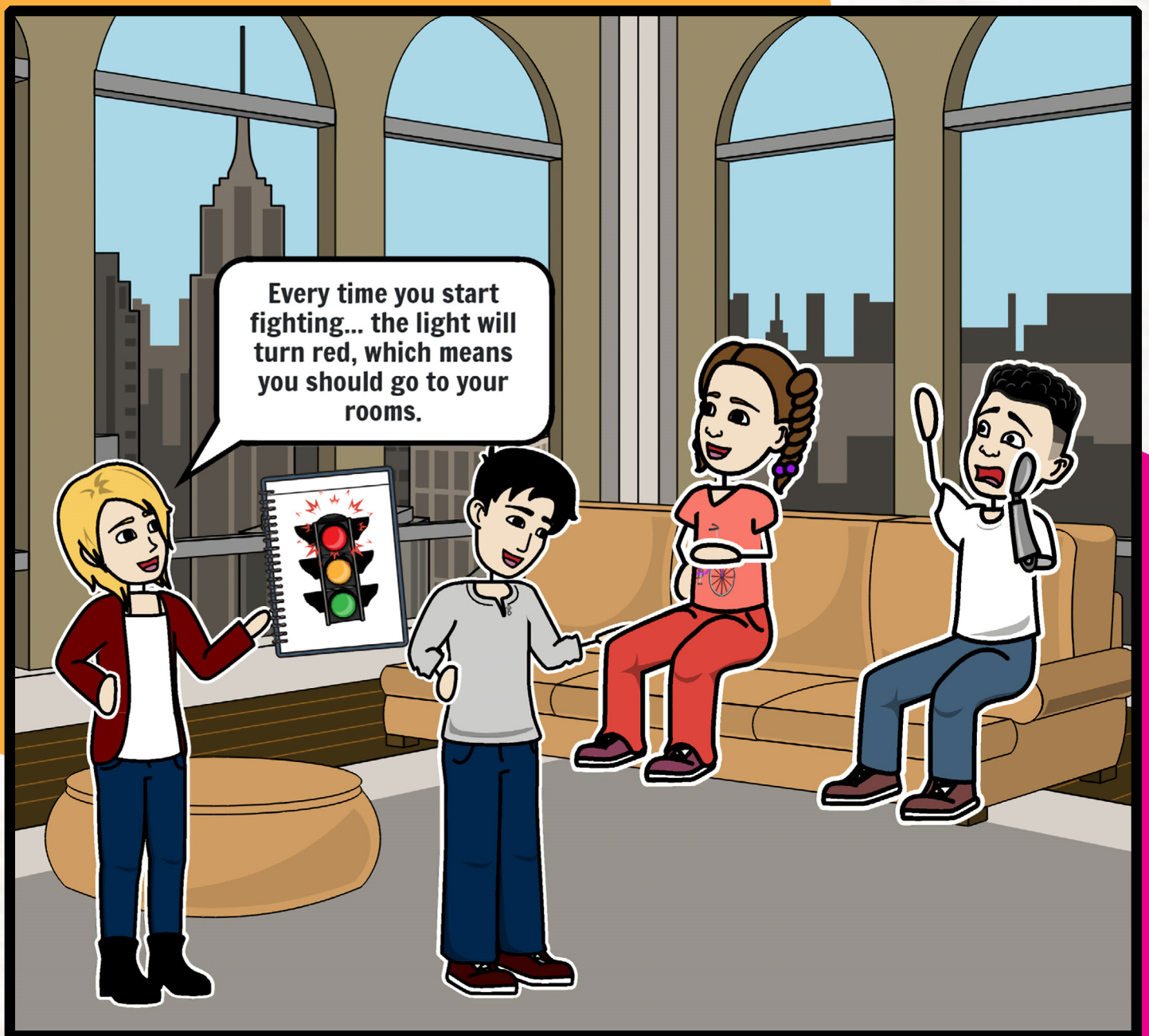
Mommy and Daddy are both annoyed at John and Danna, and tell them again not to fight with each other.



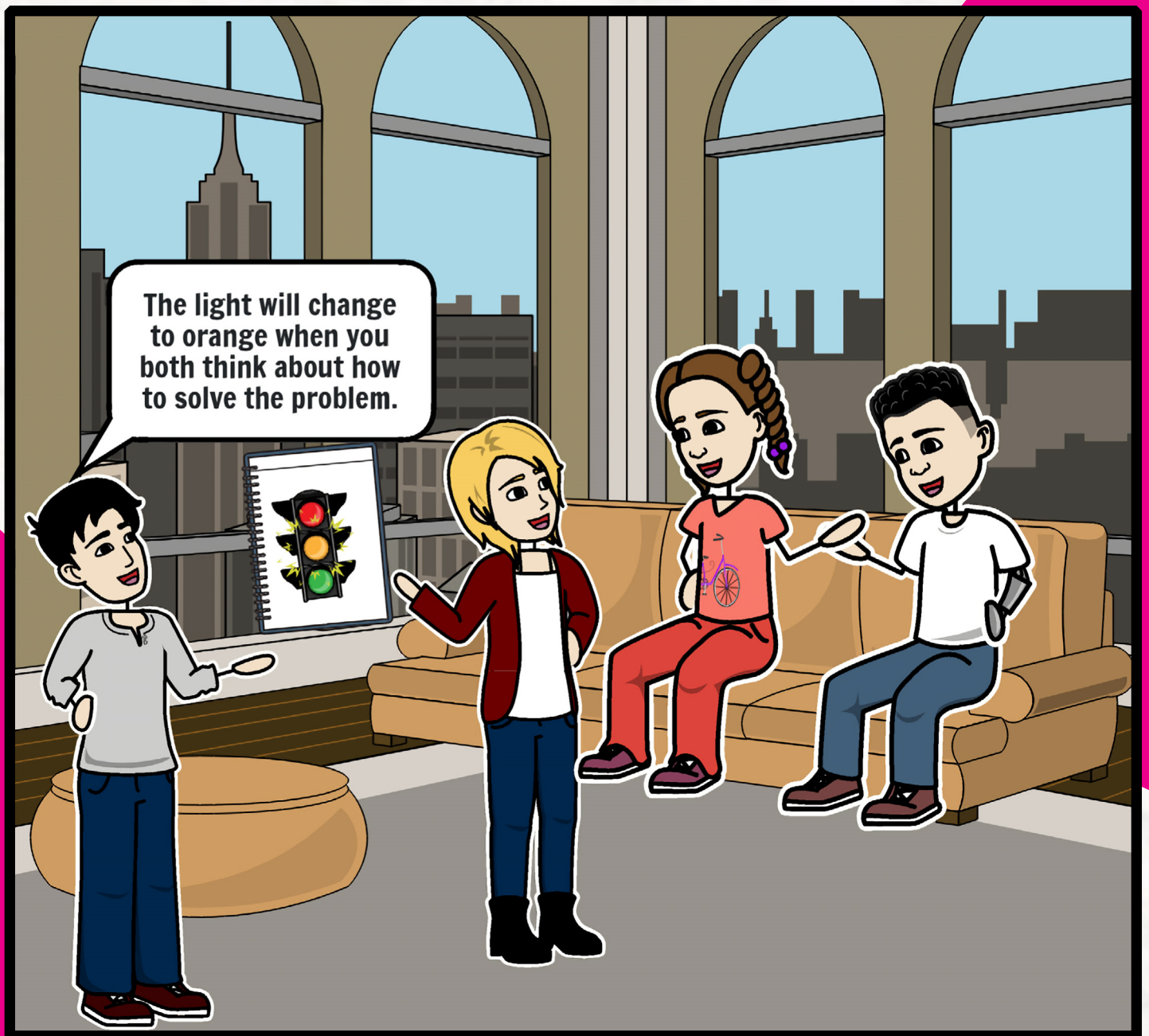
The next day, the family gather in the living room. Daddy shows Danna and John a traffic light...



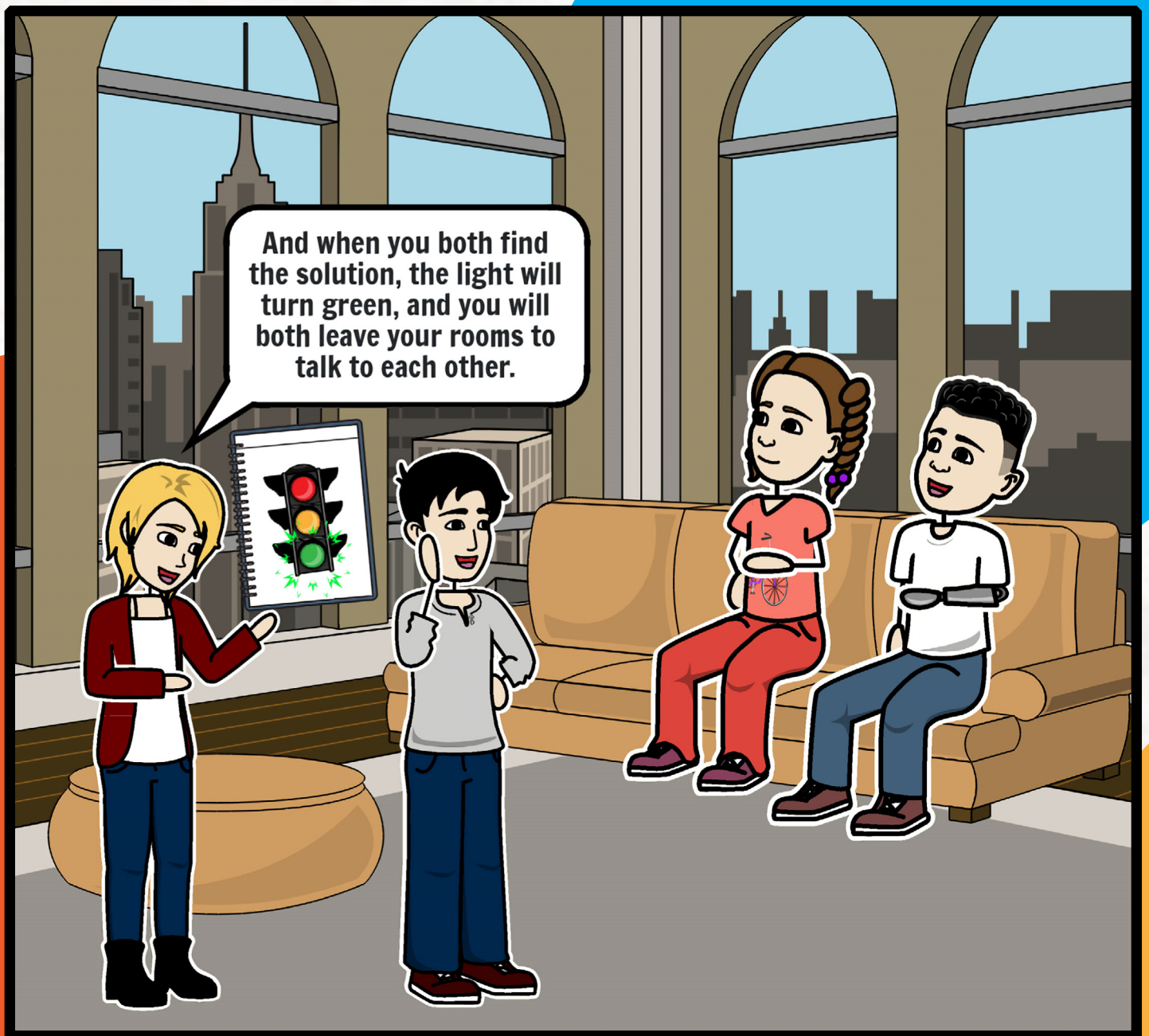
Daddy begins explaining that this traffic light is used for your emotions...



Mommy says that when John and Danna start fighting, the traffic light will turn red.

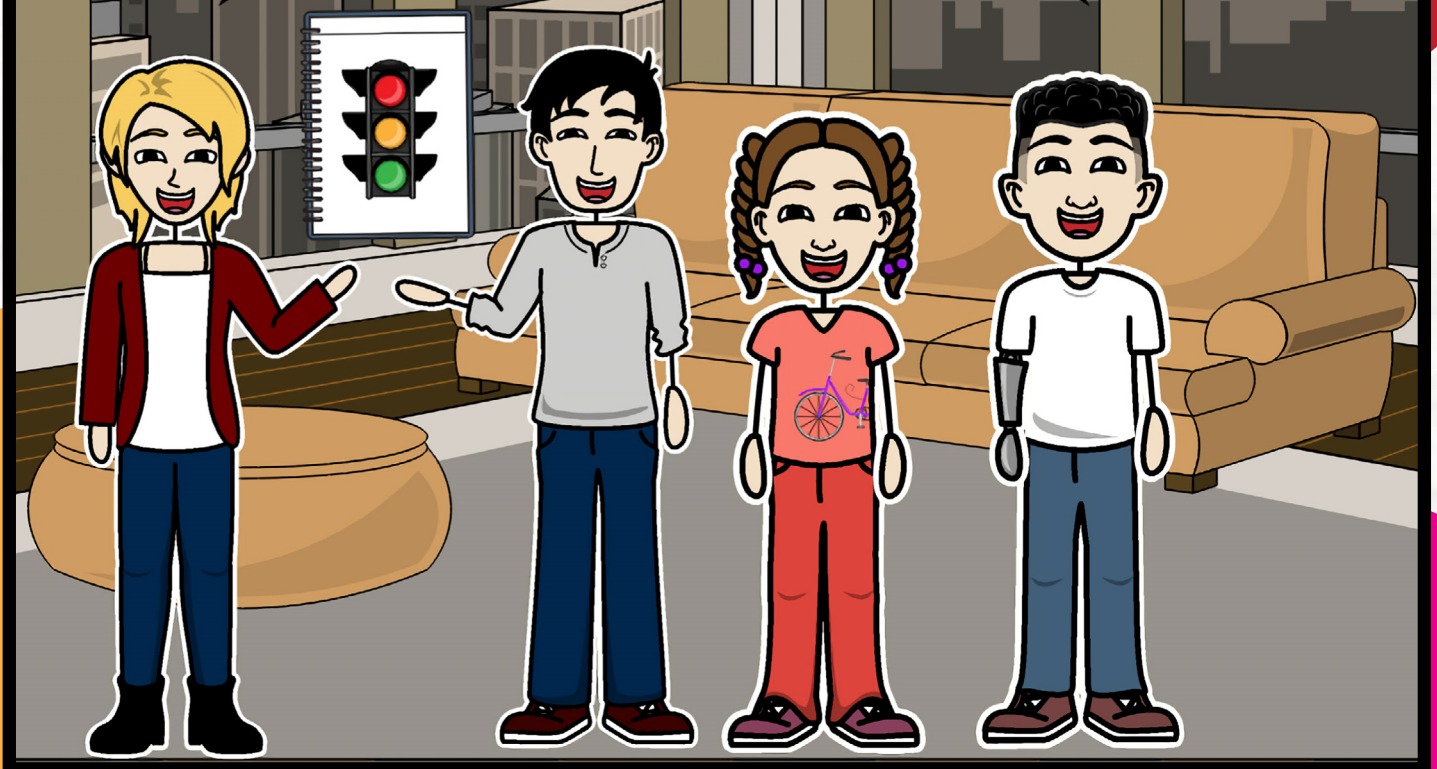


Daddy says that the light will turn orange when Danna and John think about how to solve their argument.



Finally, Mommy explains that the light will turn green when Danna and John find a solution and stop fighting!

Danna and John are now very happy to be able to control their emotions using the traffic light system, remembering that if they don't like something they should stop (red light), think (orange light), and finally act (green light).



John and Danna are both happy that they have a new way to control their emotions, and overcome any fights they have!

How do you feel after reading this story? Colour in the Emoji that best represents how you feel!



Sad



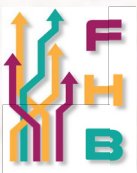
Calm



Happy

EMPOWER

Building Resilience to Address Domestic Violence



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