

## TEEN HANDOUT 1

### BEFRIENDING ANGER, BECOMING KINDER

- a) Create a quiet space, reflect, and have a conversation with your worker about the **presence** of kindness in your life.
- b) Write down your responses to the following:
  1. Something you have said or done that you feel was a kind action - a time you were comforting, forgiving, reassuring, encouraging, generous, caring or helpful to someone.
  2. An experience where someone (family member, friend, teacher, acquaintance, or stranger) was kind to you.
  3. An experience when you were kind and gentle with yourself, e.g. comforting yourself, forgiving yourself for a mistake, reminding yourself that you are of value, encouraging yourself.