



... for parents

## 2.1 Sunny or cloudy? Naming happy and difficult situations

Your child has taken part in an OFF-TRAIL workshop designed to **develop their ability to discuss** happy situations and difficult situations.

### DID YOU KNOW?

Children can sometimes find it difficult to communicate what they're going through, especially in negative situations. Encouraging your child to talk about positive and negative situations is important to help them put into words what they are experiencing, to identify the emotions these situations arouse and their impact on them.

### NOW IT'S UP TO YOU!

Take a moment with your child to discuss what they liked (a sunny moment) or disliked (a cloudy moment) in their day. If they have difficulty communicating what they're experiencing, ask them open-ended questions (not needing yes-or-no answers) and situate them in time (e.g., What did you play during recess this morning?).

To hear this content:



Find out more about the OFF-TRAIL program:



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