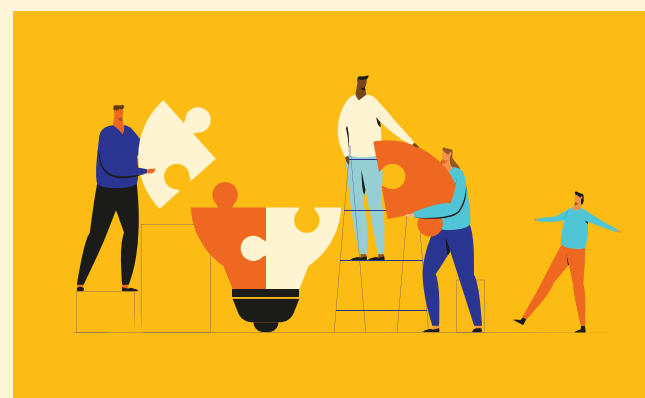


Tools to better understand each other and cultivate harmony



Day 6

## Your challenge today

This little game will help you discover the changes in your body when you are angry. Your inner signs tell you what you are going through!

*Psst! Try suggesting this exercise to your family and friends!*

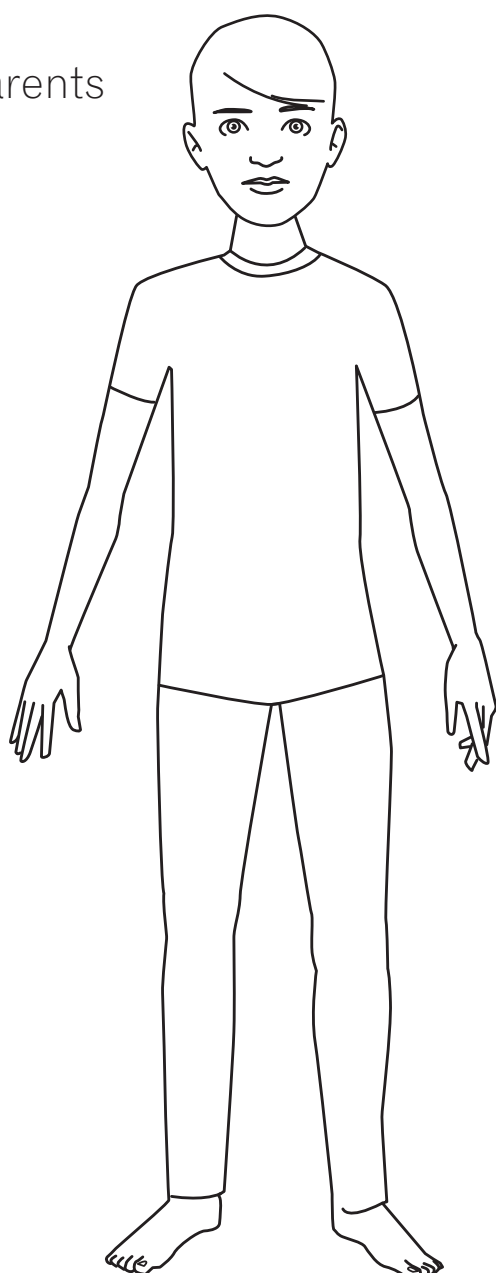
### FAMILY GAME



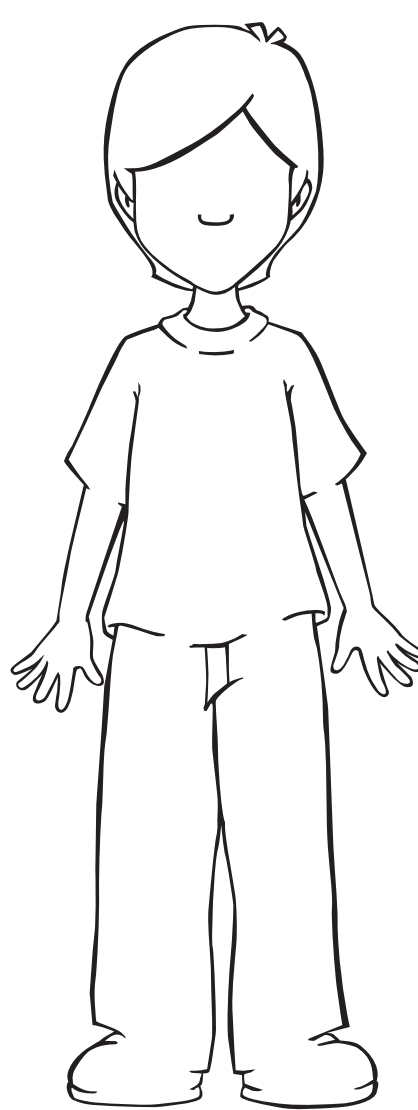
## IDENTIFY THE PHYSICAL SIGNALS YOU HAVE WHEN YOU'RE ANGRY.

Each parent and child can use their own colour of pencil to indicate their signals!

Parents



Children



[Click here to print](#)

What if the next challenge allowed you to learn more about what you can do when these signs appear?

#### About us:

Institut Pacifique is a charity organization devoted to develop, implement and promote expertise in terms of conflict resolution and psychosocial preventive issues in order to build violence free living environments and to support children, youths and adults psychosocial fulfilments.

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