

MODULE 4: Understanding the Child's Brain

Lesson Title: *Behavior Is Communication*



Module 4 Worksheet: Emotional Backpack

Name: _____

Date: _____

Every behavior carries a backpack, packed with what your child is carrying but can't always express.

Think of a recent behavioral outburst and complete the backpack.

What happened?

What might they have been feeling?

What needs were likely unmet? (sleep, hunger, control, safety, etc.)

What triggered the behavior?

What was my initial response?

How could I respond differently next time?

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Module 4 Journal Prompts

Prompt 1:

When my child acts out, what's usually going on *underneath*?

Prompt 2:

How do I regulate my own emotions when my child is losing control?

Prompt 3:

What might be in *my* emotional backpack?

Weekly Affirmation

"My child's behavior is a message. I choose to listen with love."
