

This next exercise has a list of six statements that a child might make to her parents. Please read each statement and figure out:

1. A word or two which describes what the child might be feeling.
2. A statement you might make to the child to show you understand the feeling.

### ACKNOWLEDGING FEELINGS

The child says.	A word that describes what he or she might be feeling.	Use the word in a statement that shows you understand the feeling. (Don't question or give advice.)
-----------------	--	---

<p>EXAMPLE:</p> <p>"The bus driver yelled at me and everybody laughed."</p>	<p><i>Embarrassment</i></p>	<p><i>That must have been embarrassing</i></p> <p style="text-align: center;"><i>(or)</i></p> <p><i>Sounds as if that was embarrassing</i></p>
---	-----------------------------	--

1. "I'd like to punch that Michael in the nose!" \_\_\_\_\_
2. "Just because of a little rain my teacher said we couldn't go on our field trip. She's dumb." \_\_\_\_\_
3. "Mary invited me to her party, but I don't know. . . ." \_\_\_\_\_