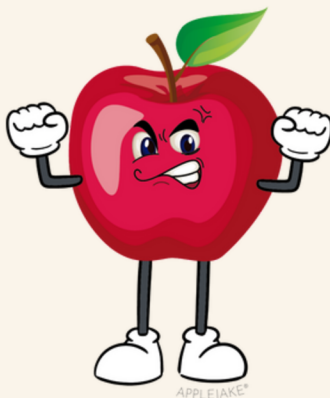


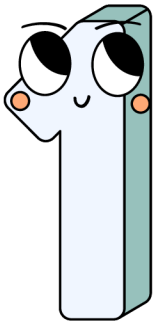
Activity Book

for kids

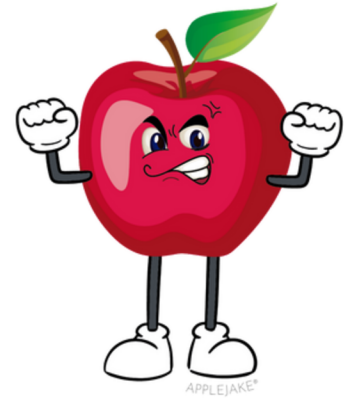
**TURNING HATE
INTO UNDERSTANDING**

A FAMILY REFLECTION





WHAT IS HATE?



Parent Prompt:

"Hate can feel like a strong and overwhelming dislike toward something or someone. It's a normal emotion, but it's important to learn how to manage it because it can hurt us or others if we don't."

Discussion Starter:

Ask your child, "Can you think of a time when you felt hate? What made you feel this way?"

Fun Fact:

Teach that hate often comes from other emotions like fear, frustration, or feeling misunderstood. Helping children understand this helps them unpack the emotion.



NAMING THE FEELING

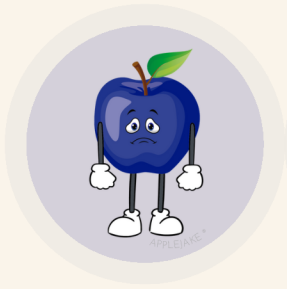
Activity: Feelings Map

- Draw a feelings map with your child. Write the word “Hate” in the center. Around it, write down or draw other feelings that might be connected, like fear, sadness, jealousy, or frustration.
- You can cut out the free sters on the next page to stick on your map!
- Use colors to match the intensity of these emotions (e.g., red for strong feelings, blue for calmer ones).





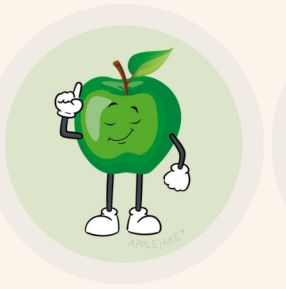
**RELAXED
SERENE**



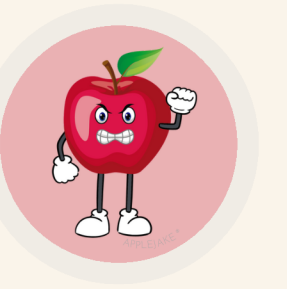
**PUZZLED
DISCOURAGED**



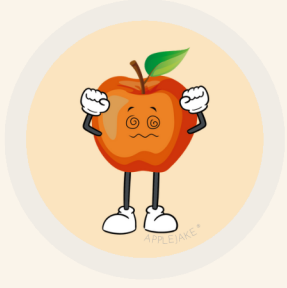
**STRONG
PROUD**



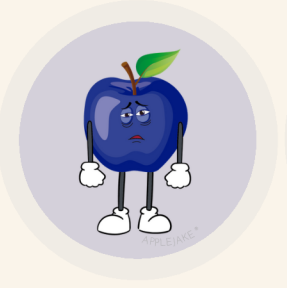
**VAIN
ARROGANT**



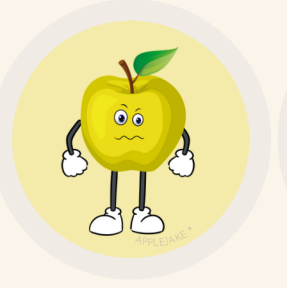
**ANGRY
DEFIANT**



**ANNOYED
STRESSED**



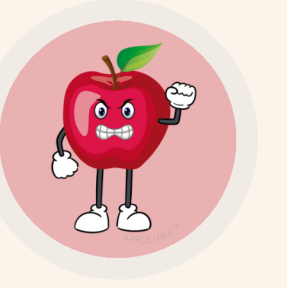
**TIRED
BORED**



**HOSTILE
BELLIGERENT**



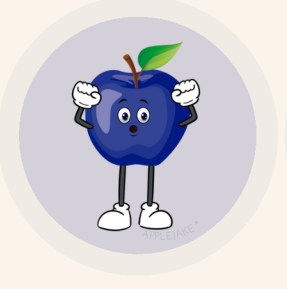
**ANNOYED
ENRAGED**



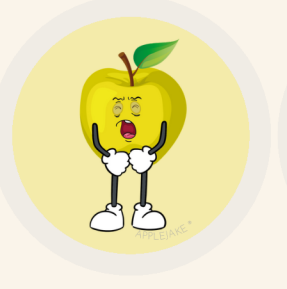
**EXHAUSTED
WEARIED**



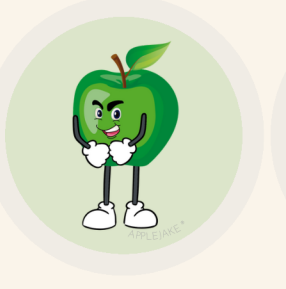
**RELIEVED
GLAD**



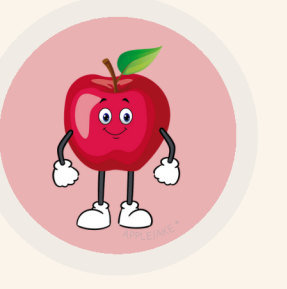
**SCARED
SHOCKED**



**LONELY
DESPERATE**



**CURIOUS
MISCHIEVOUS**



**SATISFIED
BALANCED**



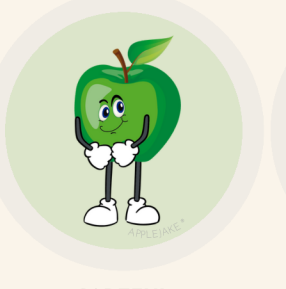
**ASTONISHED
CLUELESS**



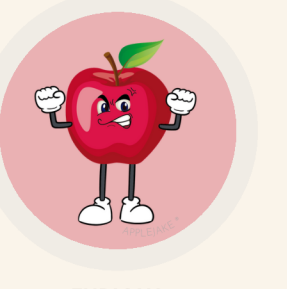
**HAPPY
IN LOVE**



**ENERGETIC
INVESTIGATIVE**



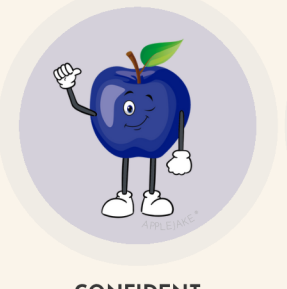
**CAREFUL
SUSPICIOUS**



**FURIOUS
AGGRESSIVE**



**HURT
INTIMIDATED**



**CONFIDENT
DETERMINED**



**CHEERFUL
EUPHORIC**



**EMBARRASSED
UNCERTAIN**



**SAD
UNHAPPY**

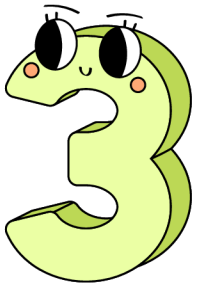
FEELINGS MAP

HATE



FOR PARENTS

Share an example of how you've handled feelings of hate. For instance: "I once felt hate toward someone who was mean to me, but I realized it was because I felt hurt and scared."



PAUSE AND REFLECT

Activity: Stop, Breathe, Reflect

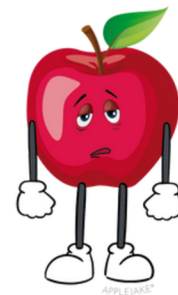


STOP: Pause when hate arises and label it. Say, “I feel hate because...”

BREATHE: Practice deep breathing together. Inhale for 4 counts, hold for 4 counts, exhale for 6 counts.

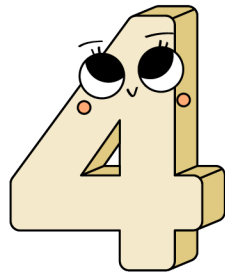
REFLECT: Ask:

- “Why do I feel this way?”
- “What is really bothering me?”
- “How can I express this feeling without hurting others?”



FOR PARENTS

Model this process yourself to show your child how to handle hate constructively.

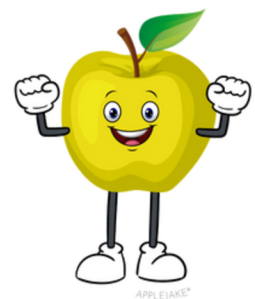


WHAT CAN I DO ABOUT IT?

Activity: From Hate to Help

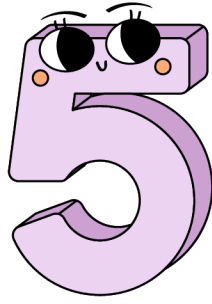
Create a list together called "Hate Hacks" for when the feeling arises:

1. Turn hate into kindness: Think of something kind to say or do instead.
2. Channel hate into action: Use the energy to draw, play, or write about your feelings.
3. Find something positive: Talk about one good thing in the situation or person you feel hate toward.



FOR PARENTS

Praise your child when they manage hate constructively. Say, "I'm proud of how you used your feelings to make something positive!"

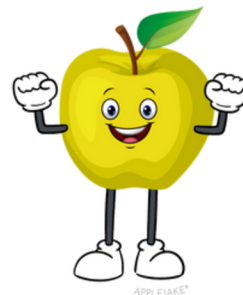
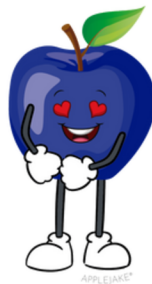
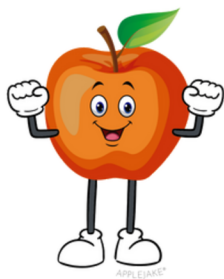


PRACTICE EMPATHY

Activity: Walk in Their Shoes

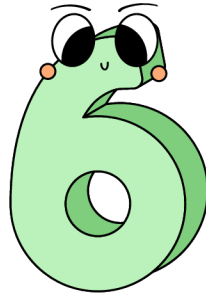
Write down or draw what might be going on in the mind of the person or thing they feel hate toward. Use prompts like:

- “What might they be feeling?”
- “Why do they act this way?”
- “How would I want to be treated if I were them?”



FOR PARENTS

Help your child understand that empathy doesn't mean agreeing with someone but trying to see things from their perspective.



CELEBRATE GROWTH



Activity: Resilience Badge

- Draw and decorate a badge that says "I Can Handle Hate!" Include symbols or words that represent how your child has learned to deal with the emotion.
- Write down one lesson learned from the activity. For example, "I learned that hate often hides other feelings like sadness."



FOR PARENTS

End with a positive affirmation: "You are learning how to turn tough feelings into something powerful and good."



RESILIENCE BADGE

