

Hatch Patch Creations

Family Home Evening Made Easy

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Tempers And Tantrums Family Home Evening Packet



Contents:

Story, Picture Sheets, Game, Scripture, Treat Recipe \$7.00

Tempers and Tantrums

Family Home Evening Packet

Home Evening Outline

- Opening Prayer
- Opening Song
- Scripture
- Story
- Game
- Closing Song
- Closing Prayer
- Refreshments

Suggested Songs: "If You're Happy", pg. 266 (Childrens)

"Be Happy", pg. 265 (Childrens)

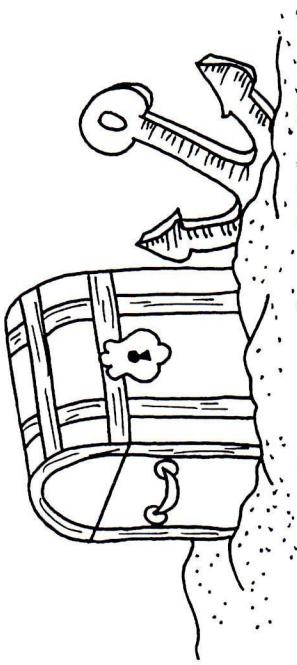
"There Is Sunshine in My Soul Today", pg. 227 (Hymn)

Scriptures: Proverbs 14:29, 1 Thessalonians 5:14

Story: Color graphics with markers, colored pencils, chalks, etc. Use flannel, or laminate and cut out and place magnets on back of graphics, etc.

Treasure Island Game: Preparation - Color the two game board sheets as desired but color the hollow dash marks and "X"s red. Cut the game card sheet that has a dashed line on the right side along the dashed line. Overlap this sheet to the other game board sheet and match up the lines of the island and the outside of the map. Adhere together on the back side and laminate the game board. Color each of the game piece tokens (located on the graphics sheet) a different color, laminate and cut out. Laminate and cut out each of the twenty-four game cards. Place all game cards face down on the playing surface.
Object - To be the first player to reach "Pirates Cove".
Play - Each player begins by placing his playing token on the "Commence" space on the board. The oldest player goes first. The player begins by drawing a card. The player reads the scenario on the card and moves the amount of spaces on the card. Each red 'X' is a space on the board. The player then places the card at the bottom of the pile, and play rotates to the right. Be sure to discuss each card and why it was a good scenario or a bad scenario. Use positive reinforcement and explain why it is important that we learn to respect others and to try and be on our best behavior at all times. Relate to your family the meaning of the title of the game - "Treasure Island, Where Do Ye Treasures Lie?" Explain that it is more important to store up treasures of respect, obedience, self control, patience and love than to worry about storing up physical treasures whose worth is only temporary.

Where Do Ye Treasures Lie? Cake



Ingredients:

- 2 chocolate cake mixes
- chocolate frosting
- gold foil covered chocolate coins
- yellow or red chocolate covered candies, licorice vines

Directions:

Bake two chocolate, 9x13 cakes according to package directions. Allow cakes to cool and remove from pans. Cut cakes directly in half and freeze cake halves. This will make frosting easier and less messy. Once the cakes are frozen, anchor first cake half on center of plate or tray with frosting. Frost the top and sides. Place second cake half directly on top of the first half. Frost in the same manner. Place the third cake half on top of the second cake half and frost in the same manner. Randomly place gold foil covered chocolate coins on top of the third cake half. Take the remaining cake half and place it on top of the coins. This cake half is the lid to the treasure chest. You want to be able to see the coins from the front. Frost the cake lid. You can place yellow or red chocolate covered candies for bolts and use licorice vines for handles. Be creative and ENJOY!!!

DO NOT COPY

Tempers And Tantrums

Mother was at her wits end! Mother had a problem! Mother's problem was Thomas!

Thomas was three. Thomas liked to have his own way in everything and Thomas had a bad temper. Thomas threw temper tantrums all the time and Mother just didn't know what to do any more.

One day, Mother and Grandma took Thomas to the store. Mother warned Thomas that he must be good and not throw a temper tantrum. Thomas said, "Okay."

Mother pushed Thomas in the cart and all went well for a little while. Then, Thomas spotted something on one of the shelves that he wanted. "I want that," he yelled, pointing to a small, yellow truck.

"Not today, Thomas," Mother said, pushing the cart further down the aisle. Then it began. Thomas' temper tantrum began!

Thomas started screaming very loudly. All of the people around them in the store stared at Thomas. He was yelling, "I want that truck!"

Mother tried to calm Thomas down but that just made him more mad. Now, he was clenching his little fists and throwing his arms into the air. He even began kicking the cart beneath the seat where he was sitting. Mother was so embarrassed. Mother wanted to duck her head and race from the store.

As Mother pushed the cart even further from the little, yellow truck, Thomas yelled and cried even louder. What was Mother to do? Grandma to the rescue!

"Let me take him for a little while, dear," Grandma said. "I will push him around the store and have a little chat with him."

Mother was so relieved to have anyone take the screaming child. It gave Mother some time to think. As Mother continued her shopping, she thought about all of the many times that Thomas had thrown temper tantrums.

If Thomas didn't get his way with his brothers and sisters, he would first whine about it and then he would do the same thing he had done today. If Thomas didn't like the food that was served for dinner, he would throw some of it on the floor and cry big tears. Then, he would scream and throw his arms into the air.

There were actually times when Mother was ashamed of Thomas and she felt that maybe she wasn't a very good mother. "If Thomas only knew how bad these tantrums of his make me feel," Mother thought.

Soon, Grandma came with Thomas in her basket. He was quiet and being a good boy. Mother was shocked. Together, they all walked to the checkout line to buy their items.

All went well until Thomas spied the bubble gum rack. He wanted bubble gum. He did not ask for the bubble gum politely. No, he demanded that Mother buy him some bubble gum. That made Mother mad and when she told him he couldn't have it, he began kicking the cart again. This time though, it was a catastrophe!

While Thomas was flailing his legs about, they hit the candy rack. One of the handles that held it in place gave way and suddenly, candy bars began flying in every direction. Then, the rack began crumbling before their eyes. Mother was beside herself.

Grandma lifted the screaming Thomas from the basket and carried him from the store while Mother began cleaning up the mess. Mother was crying. Mother had never had a child that threw temper tantrums before. Mother's heart felt as if it were going to break.

Mother loved Thomas but Mother did not like how Thomas behaved. Mother needed help.

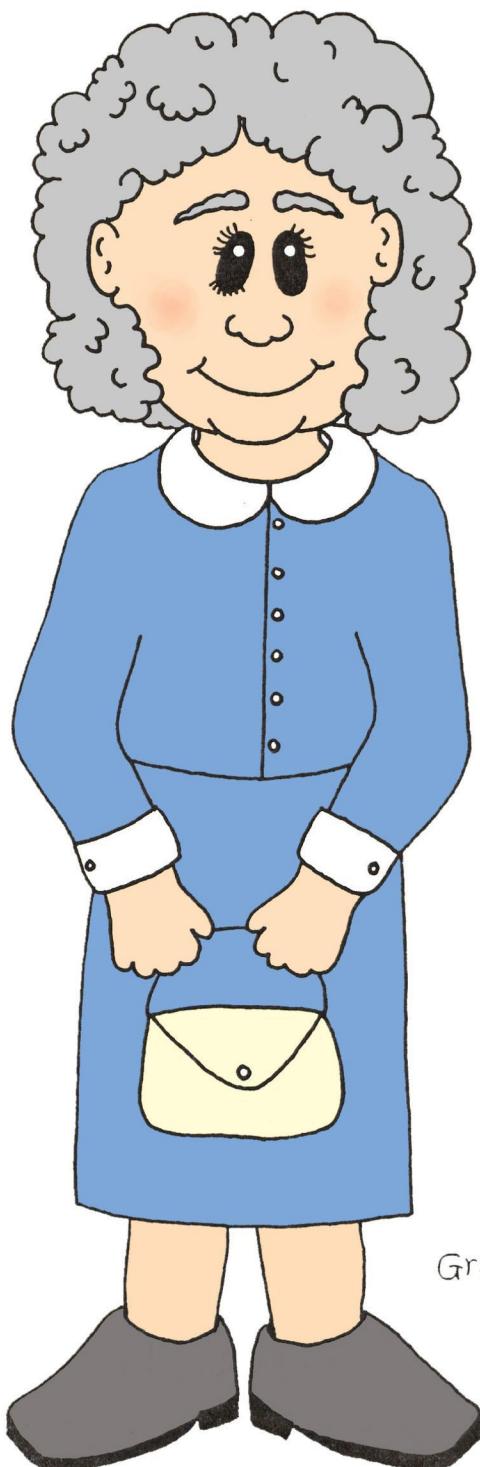
When Mother reached the car, Thomas was quiet again and Mother was surprised. What had Grandma done to calm Thomas down? What was causing these tantrums and what did Grandma know that Mother didn't? Mother would find out.

On the way home, Mother and Grandma had a wonderful talk. Grandma's wisdom eased Mother's fears and Mother could understand a little more about temper tantrums.

Temper tantrums are never the right way to behave but unfortunately, adults and teenagers as well as small children have temper tantrums too. Wouldn't it be awful if everyone slipped into a temper tantrum whenever things didn't go their way? Learning to control our emotions is something we all need to learn.

DISCUSSION

- Why do you think that Thomas throws temper tantrums?
- How does it make everyone around him feel when he throws a temper tantrum?
- What should Mother have done?
- How can we help our little brothers and sisters so they won't throw temper tantrums?
- How can we keep from throwing temper tantrums?



Grandma



Mother

Game Piece Tokens
Color each of the game piece tokens above a different color, but be sure to leave the skull and crossbones white. If desired, each family member's name can be written on a game token. Laminate and cut out each token.



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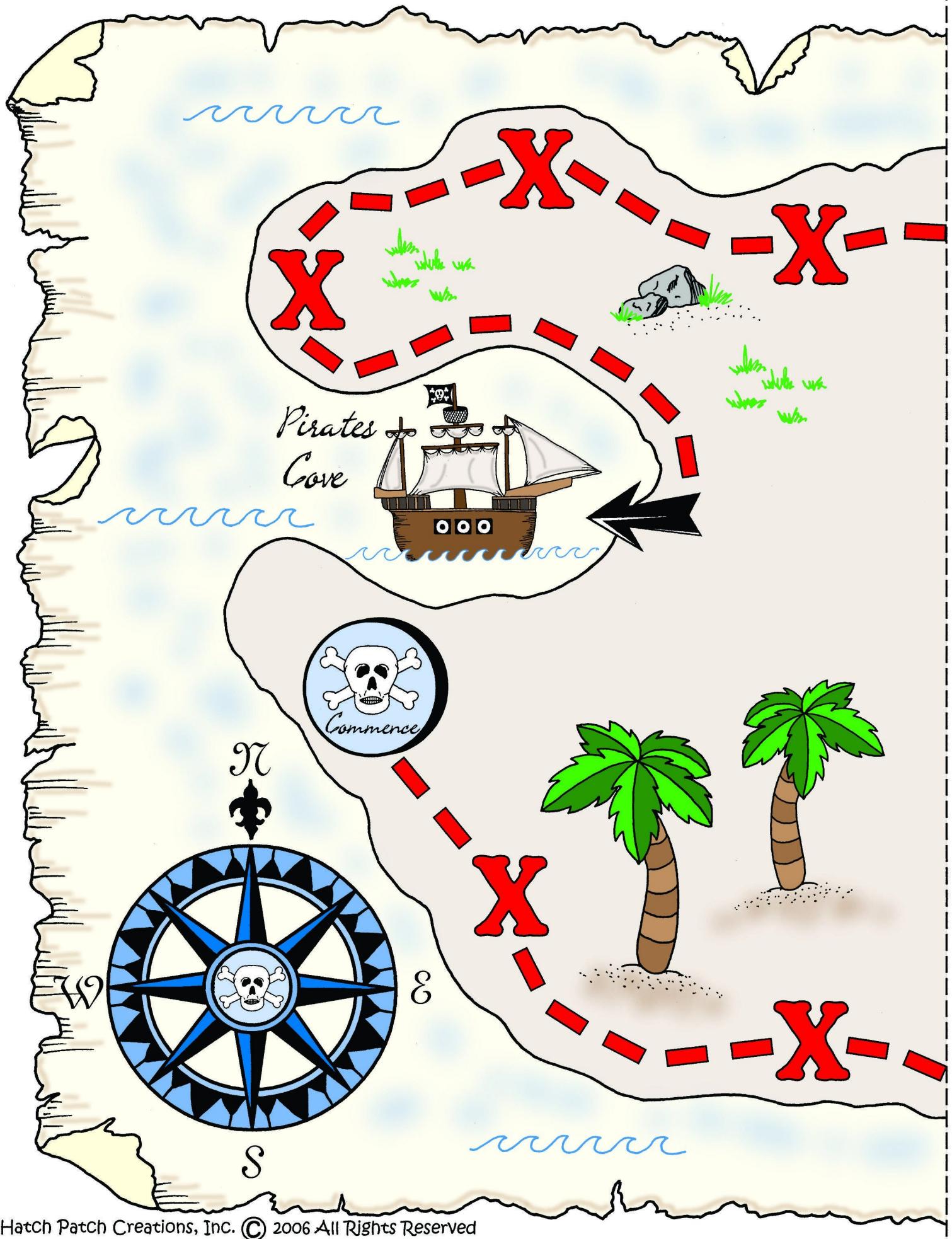
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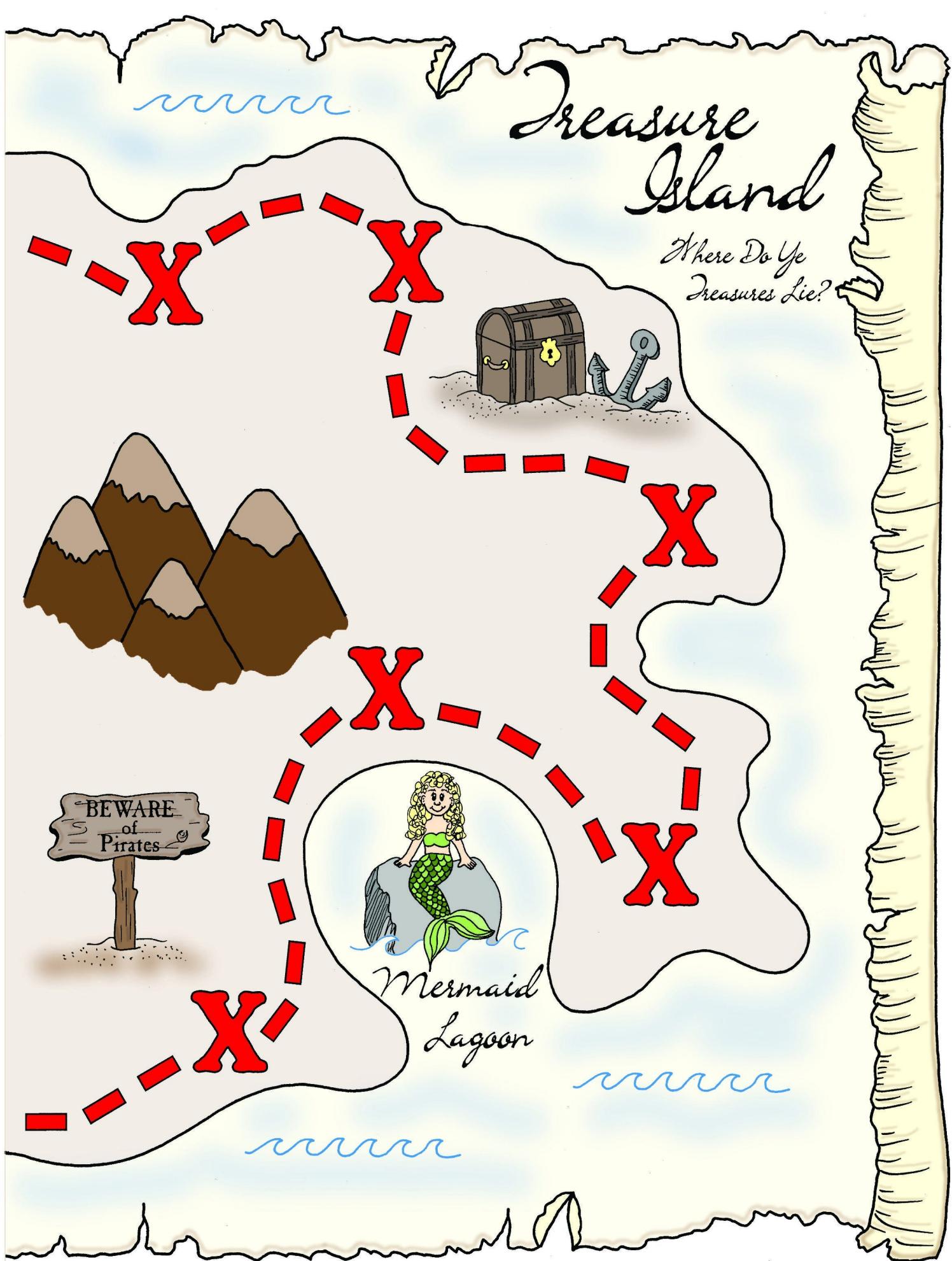
Mother cleaning
up the gum





Treasure Island

Where Do Ye
Treasures Lie?



You are at the store with your mother.
You ask her to buy you a package of gum,
but she tells you, "Another time maybe."

You say, "Okay Mom."

Go ahead two spaces!

Your brother has possession of a toy that you want to play with. You ask him if you can play with it right now and he tells you "no." You then ask him if you can play with it when he is finished and he says "yes."

WAY TO BE PATIENT!

Go ahead three spaces!

Your sister is coloring in a coloring book. You ask her if you can color with her. She says "no." Instead of throwing a fit, you go and find your own coloring book and begin to color.

That's the right way to handle the situation.

Go ahead one space!

You are at church. You want to get a drink of water during Sacrament meeting. Your mother tells you that you should wait until the meeting is over. You agree with your mother and sit and wait patiently.

Go ahead two spaces!

Your father tells you that it is time for bed and that you need to go and brush your teeth and go to bed. You tell your father that you will do it, and you do!

GREAT JOB!

Go ahead two spaces!

It is Saturday, and you want to play with your friends, but your mother wants you to help with a few chores before you go play. Instead of sulking and throwing a fit, you help your mother and then go play.

Go ahead two spaces!

You are in a store, and you see something that you want. You ask your mom if you can have it, but she tells you that you cannot. Instead, she tells you that if you behave, she will let you pick out some candy when you go to check out. You say, "Okay."

Go ahead three spaces!

You want to use the telephone, but your sister is using it. You could throw a fit, but instead you wait patiently until she is finished using the telephone.

Go ahead three spaces!

Your brother is going to the park and you want to go with him. Your mother says that you cannot go because you are not old enough to go without your mom. You say, "Okay Mom," and find something else to do.

FANTASTIC!

Go ahead one space!

Some of your friends at school are playing basketball and you want to play, but they tell you they already have enough players. You could throw a fit and cry, but instead you go and play with some other friends on the swings.

Go ahead three spaces!

Your mother asks you to help her with the dishes. You happily agree to help her instead of throwing a fit.

Go ahead two spaces!

You go to the store with your mother.
You want a candy bar, but your mother said,
"Not today."

You immediately start to cry
and throw a temper tantrum in the middle of the
store instead of simply saying, "Okay Mom."
Go back two spaces!

Your little brother is playing with a toy
that you want to play with. You ask him to
share the toy with you, but he will not.
You begin to scream, yell and hit so that he
will give up possession of the toy instead of
waiting until he is finished playing with it.
Go back three spaces!

Your friend calls and wants you to come over
and play. When you ask your mother, she tells
you that you may not play until your chores
are finished. You begin to cry and throw a
tantrum thinking that your mother will give in
and let you go.
Go back one space!

You are at school and you want to swing on one
of the swings. All of the swings are occupied
and the children do not seem like they want to
get off. You run to one of the teachers and cry
and sulk that you want a turn on the swings.
Go back two spaces!

Your father has to run some errands and you
want to go with him. When you ask your father,
he tells you he will have to take you another time.
After he walks out the door you begin kicking the
door and wall because you are upset!
Go back three spaces!

Your mother fixes white beans and ham
for dinner. You hate white beans and ham!
You begin to cry and yell that you hate them
and that you will not eat.
Go back two spaces!

Your grandmother has a candy dish filled
with candy. You have already eaten your fair
share of the candy, and grandmother tells you to
not eat any more. You immediately throw
yourself down on the floor and begin to sulk.
Go back one space!

You are at the store with your dad. You see a
toy that you want to have, but your father tells
you that you cannot have the toy. You kick
your legs and flail your arms, knocking
several items off of the store shelves.
Go back two spaces!

You want to watch one of your favorite
cartoons on TV, but your sister is watching
something different. She does not want to
change the channel so you begin to scream and
yell at her.
Go back one space!

Parental Note

Grandma's Advice and Suggestions for Controlling Temper Tantrums

Most all toddlers have temper tantrums once in awhile. It is a normal part of growing up. Children don't understand that they shouldn't show every emotion they are feeling. They don't feel inhibited.

A toddler is trying to learn to conquer his world and when he can't get his way, he does the only thing he knows how to do when he is frustrated and that is to lose control. Usually, the child is trying to get attention, even though it is negative attention and sometimes, a child will become angry when he is tired or hungry.

Children do not throw tantrums unless they are going to get something out of it, whether it is attention, the object they want or to get their way. It can be a constant power struggle between the parents and the child if there is no understanding of what causes temper tantrums and what to do about them.

The following is a list of things that may cause temper tantrums:

#1. THE CHILD IS NOT GETTING ENOUGH ATTENTION. You can help this by being sure to accentuate the positive things that the child does. The youngest children in a family have more of a problem with this than the older children. Sometimes they feel left out by the older children or they feel the parent is paying more attention to the older children. Take time to compliment your child. Also, make sure that everything doesn't have a "NO" attached to it. You must pick your battles with your child. Sometimes it is better to give in a little than to prepare the way for a temper tantrum. This is not a battle between you and your child. In giving more attention to the child, it becomes a win-win situation.

#2. THE CHILD IS TIRED. Try not to put your child into a situation where there is opportunity for a temper tantrum when he or she is tired. It is asking for trouble.

#3. THE CHILD IS HUNGRY OR THIRSTY. Sometimes we forget that children need to eat often. Their little stomachs don't hold a great deal of food and so they get hungry often. If you are taking a child out to a store or somewhere where you will be a long time, make sure their little bellies are full of food or take a snack with you.

#4. THE CHILD HAS NEVER BEEN TAUGHT CORRECT BEHAVIOR. A child can't act properly unless he has been taught to act properly. Children need rules and guidelines. Then, if the child obeys the rules and guidelines, he needs positive reinforcement. Patience and understanding is key here.

#5. THE CHILD IS GOING THROUGH A PHASE. Ignoring the tantrum here is one of the best approaches. If we become angry, and shout, then we are giving that negative attention talked about earlier. It's difficult, but just like Grandma in the store, if we can ignore the outburst and get the child's attention on something else, the tantrum will pass. Giving rewards for good behavior can help also.

#6. THE CHILD HAS BEEN PAMPERED AND GIVEN HIS WAY TOO LONG. Then, when the parent says "no," the child reacts negatively immediately. If the child has had his own way since he was old enough to want things, you could be in trouble. Parents must start at the beginning, teaching the child what is proper behavior or not and then not giving into the child every time he wants something or has a tantrum. Be prepared for a reaction, however. Know ahead of time how you will treat a tantrum.

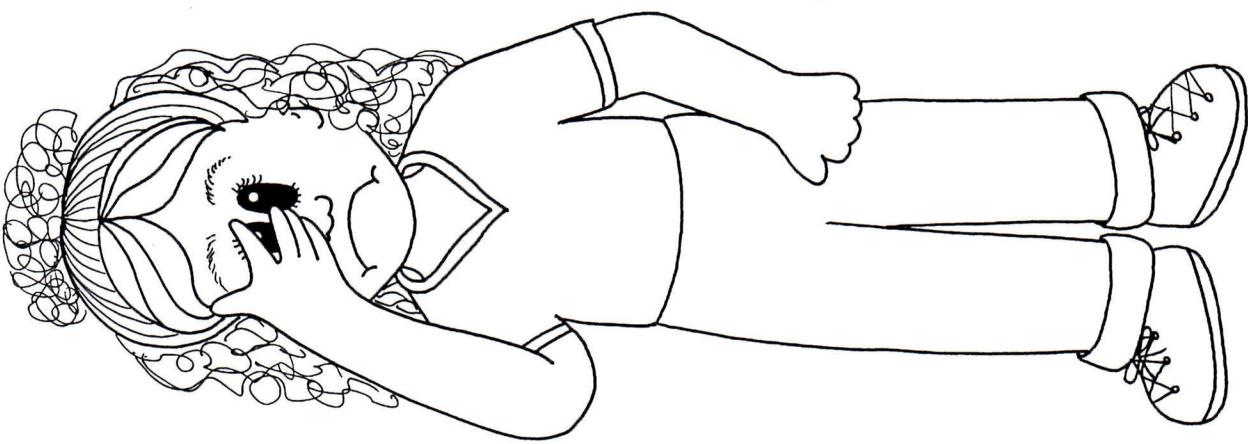
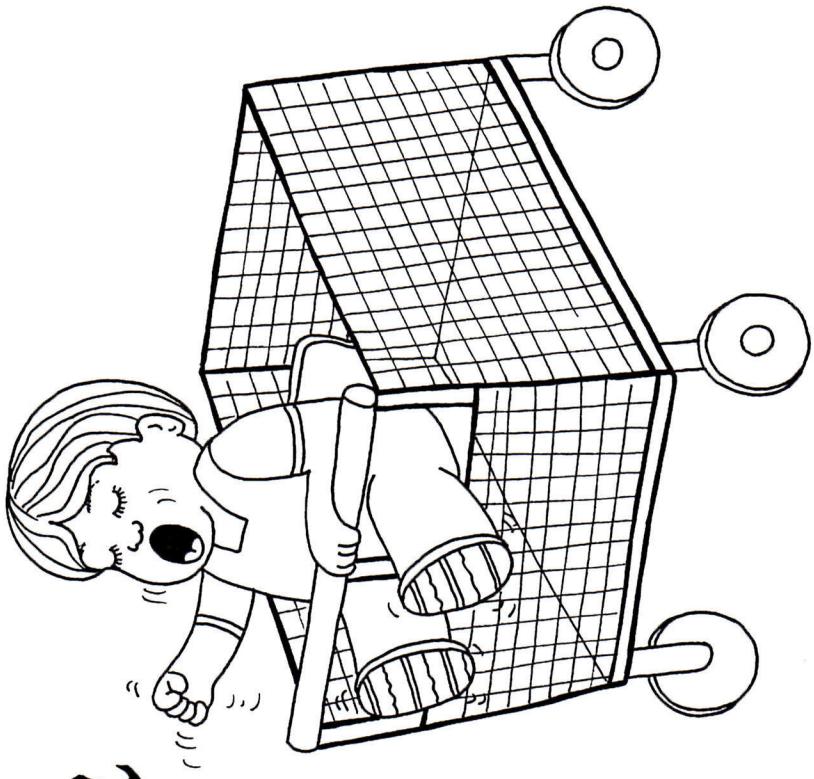
#7. THE CHILD WANTS SOMETHING. The child wants an object and when told "no" feels he can win the parent over by causing a disturbance. Only you as the parent can determine the outcome of this kind of situation. Here is where it may pay to give in once in a while, not to a tantrum, but to the first request that a child makes for something. If the object is out of the question, try substituting something else instead or divert his attention to something else. You can also promise the child a reward for proper behavior.

#8. THE CHILD IS BEING PICKED ON BY OLDER SIBLINGS. These can be perfect teaching moments for both the younger child and the older children. Hitting, kicking, scratching, yelling, screaming, etc. are unwelcome behaviors in a family. Take the time when a tantrum erupts to teach all of the children proper behavior, including not picking on the younger children.

#9. SOMETIMES, THE CHILD NEEDS MEDICAL EVALUATION. There are times when the child may have an illness or mental problem of some sort. These problems, however, are rare. Usually, the tantrums are caused by one of the above reasons.

**"He that is slow to wrath
is of great understanding:
but he that is hasty of**

**spirit exalteth
folly."**



Proverbs 14:29