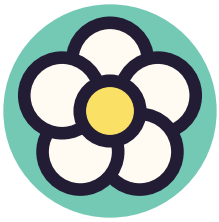
MY CALM-DOWN TOOLS

Cut along the dotted lines. Pick a tool when a feeling gets big.



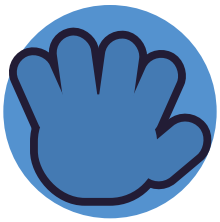
BREATHE SLOW

Breathe in slow. Breathe out slower.



COUNT TO FIVE

Count to five. No rushing.



PUSH AND LET GO

Push your hands together hard... and let go.



TRACE A SLOW LINE

Trace a slow, slow line with your finger.



SAY HOW I FEEL

Say it out loud: I feel mad.



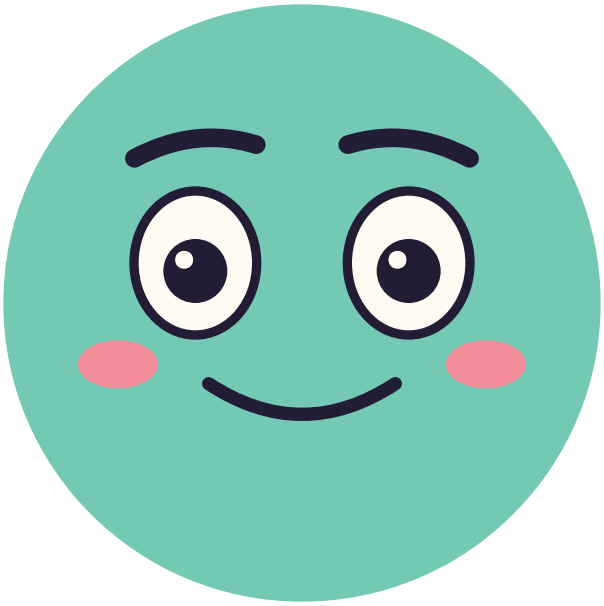
HUG

Hug somebody. Or hug me.

From Calm Down, Book! by Jo Kettleby

This certificate goes to

CALM-DOWN COACH



Coached a book through a big feeling

Name: _____

Date: _____



From Calm Down, Book! by Jo Kettleby

READ-ALOUD LESSON PLAN

Calm Down, Book! | Grades K to 1 | About 15 minutes

GET READY (2 minutes)

Show the cover. Ask, "How can you tell this book is mad?" Let everyone make their maddest face, then their calmest face. Tell them the Book needs a coach today.

READ ALOUD (8 minutes)

Read with a big voice for the loud words and a whisper for the quiet ones. Stop at each calm-down move and do it together with the Book. Let the children answer the Book out loud.

TRY THE SIX TOOLS (3 minutes)


Breathe in slow. Breathe out slower.



Count to five. No rushing.


Push your hands together hard... and let go.


Trace a slow, slow line with your finger.


Say it out loud: I feel mad.


Hug somebody. Or hug me.

TALK IT OVER (2 minutes)

1. What did the Book's face look like when it was mad? And at the end?
2. Which tool would you try first when a feeling gets big? Why that one?
3. Who could you hug, or tell, when your feelings feel too big for you?

CALM-CORNER TIP

Pick a cozy spot with a soft seat, this set of tool cards and a copy of the book. Children can visit when they want a break, and it is never a punishment. Practice the tools when everyone is calm, so they feel familiar when a feeling gets big.

A playful classroom activity. It is not a treatment or professional advice.