

I Am the Boss of my Feelings

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I Am the Boss of my Feelings

Dear Parents!

What you hold in your hands is not just a book—it's an emotional workbook for your child. Here are a few tips on how to make the most of this book:

1. Take your time

Don't try to go through the entire book in one day. One or two pages a day is enough. Give your child time to think, draw, and discuss.

2. Be there for them

Read together. Talk about it. Ask questions like, "Does that ever happen to you?" or "What would you do if you were the character?"

3. Don't judge

There are no right or wrong answers here. Your child has the right to feel any emotion. Your job is to accept those feelings and help them find a way forward.

4. Practice when things are calm

Calming techniques work best if you learn them in advance. Practice breathing exercises, poses, and counting rhymes when your child is happy and calm. That way, when they get angry, they'll already know what to do.

5. Be a role model

Children learn by watching us. Show them how you calm yourself down: "You know, I'm a little upset right now, too. Let's take some deep breaths together."

What does "I Am the Boss of My Feelings" mean?

This is the book's philosophy. It boils down to this:

- ✓ All feelings are normal. It's okay to feel angry, sad, or afraid.
- ✓ But feelings shouldn't control a child. A child can learn to manage them.
- ✓ We don't suppress emotions. We learn to understand them, name them, and experience them safely.
- ✓ "Feeling angry doesn't make a child 'bad.' It means they're a brave boss learning to guide their inner monster."

I Am the Boss of my Feelings

“ Hey there, friend!

Do you have this book in your hands? Awesome! That means you’re ready to start one of the most exciting adventures ever! Have you ever felt like a little monster wakes up inside you? It stomps around, clenches its fists, and wants to shout or maybe even break something. It’s loud, it’s angry, and sometimes it can feel a bit scary. But guess what? You’re not alone! Every kid (and even grown-ups!) sometimes meets their own little monster.”

There’s just one secret, though...

You’re not a little monster!

A little monster is just your feelings. But you are YOU. And you can learn to control them!

Imagine that you’re the captain of a big spaceship. And your feelings are the passengers on board. Sometimes they scream, sometimes they cry, sometimes they laugh.

But always... always... YOU'RE IN THE DRIVER'S SEAT!

What will you find in this book?

It includes over 50 activities that will help you:

- *Learn to understand your feelings*
- *Find out where anger lives in your body*
- *Learn some cool breathing techniques*
- *Become the Boss, not a little monster*
- *Create your own peaceful corner*

Get a real diploma!

You can draw, write, cut out, and color—this book is waiting for YOUR ideas!

I Am the Boss of my Feelings

Meet the Characters

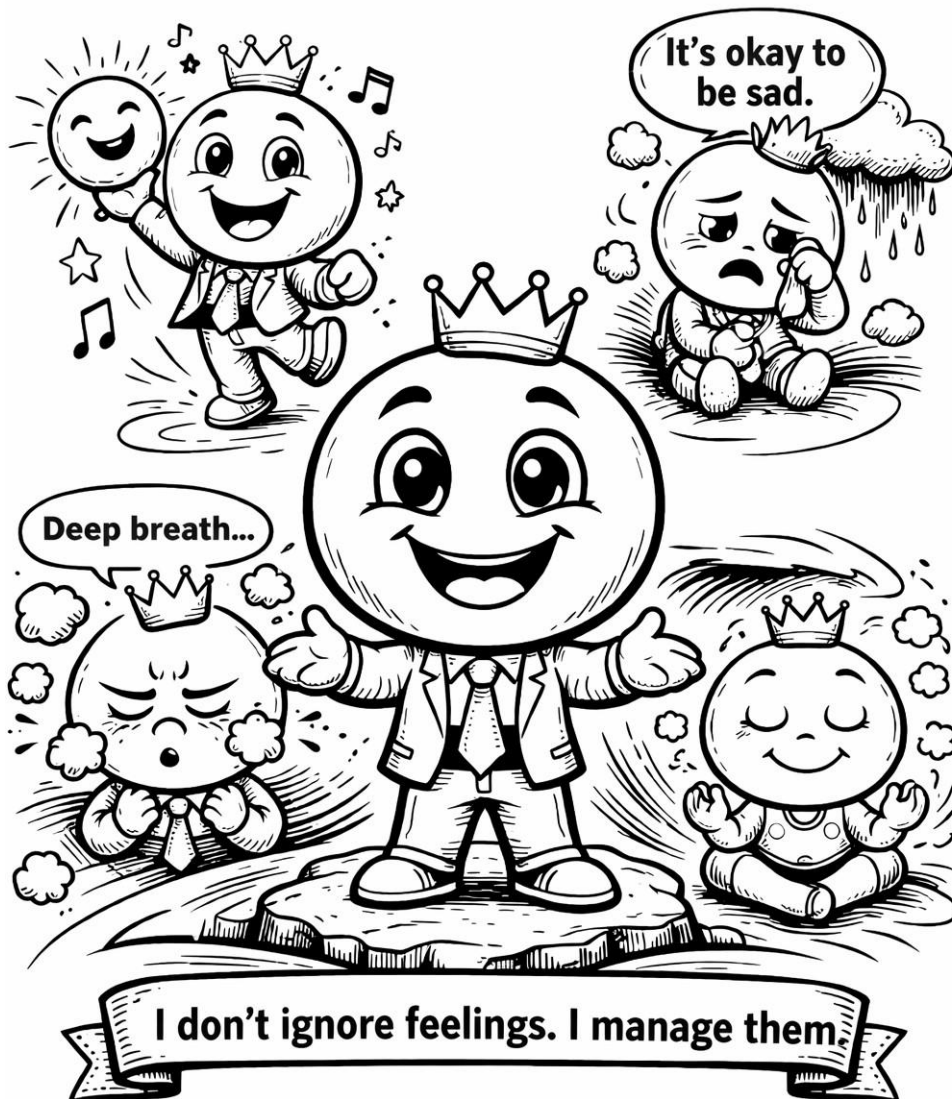
Hi! In this book, you'll meet five friends. Each of them knows something special about feelings. Get to know them!

Boss Emoji

Who am I? I'm the main character of this book! I know how to manage feelings, and I'll teach you. My superpower: I always know what to do when emotions get too intense. My motto: "I don't ignore feelings. I manage them."

What I look like: I have a bright yellow head, big eyes, a wide smile, and a crown on my head. Because I'm the Boss!

My role in the book: I'll guide you through all the chapters, giving you advice and tips.



I Am the Boss of my Feelings

Grumpy

Who am I? I'm a little red monster. I show up when things go wrong.

How I feel: It's easy to get me upset. If someone takes my toy—I'm right there. If my drawing doesn't turn out—I'm right there.

My superpower: I'm full of energy! But sometimes I get too loud.

My motto: "I have the right to be angry! But I'm learning not to yell."

What I look like: red, shaggy, with furrowed brows, clenched fists, and little sparks flying around me.

My role in the book: I'll show you that it's okay to be angry. And together, we'll learn how to make it less loud.



I Am the Boss of my Feelings

Ms. Calm

Who am I? I am wise and quiet. I come when it's time to calm down and think.

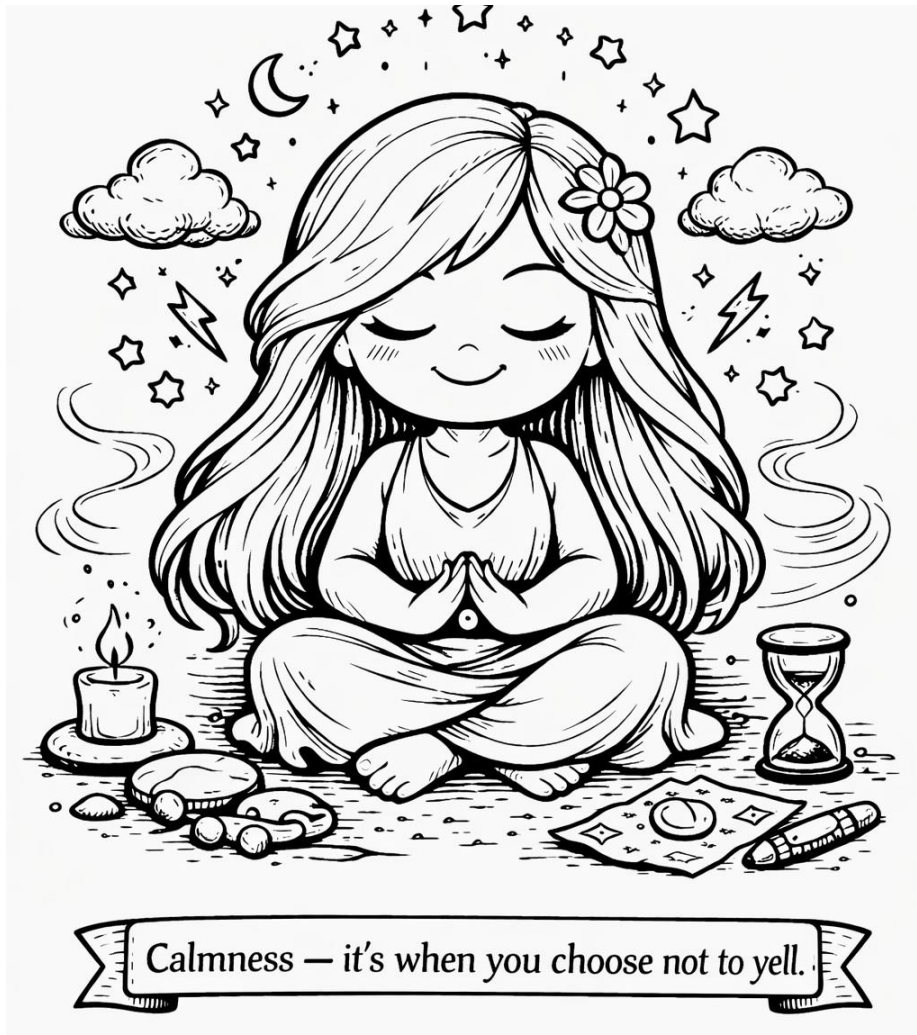
How I feel: I know what silence is. I love to take deep breaths and count to 10.

My superpower: I know how to calm others down. Even Grumpy gets quieter when I'm around.

My motto: "Calm isn't when you're silent. Calm is when you choose not to yell."

What I look like: blue, with long hair, closed eyes, and a gentle smile. There are little stars around me.

My role in the book: I'll teach you calming techniques: breathing, pauses, counting games



I Am the Boss of my Feelings

Sad Smile

Who am I? I'm sad, but kind. I show up when you're hurting or missing someone.

How I feel: Sadness is an important emotion, too. Sometimes you just want to cry, and that's okay.

My superpower: I'm very sensitive. I notice when someone needs support.

My motto: "Sadness isn't a weakness. Sadness is a sign that you need some care."

What I look like: Blue, with big, teary eyes, downturned mouth corners, and a little tear.

My role in this book:

I'll help you understand that it's okay to feel sad. I'll teach you not to hide your sadness, but to process it in a safe way. Together, we'll find a way to feel warmer inside, even when it's raining in your heart.



I Am the Boss of my Feelings

Fear the Spider

Who am I? I'm a tiny, timid little spider. I show up when you're scared or when you're trying something new.

How I feel: My legs are shaking, my heart is pounding, and I just want to hide under the covers. Darkness, loud noises, strangers—all of these things scare me.

My superpower: I'm very careful! I warn you about danger. Sometimes fear protects us.

My motto: "Fear is normal. A brave person isn't someone who isn't afraid, but someone who acts even when they're scared."

What I look like: A purple, fluffy little spider with big eyes, wobbly legs, and a tiny web that says, "What if...?"

My role in the book: I'll teach you that fear can be overcome. Together, we'll find your courage and realize that it's okay to be afraid.



I Am the Boss of my Feelings

Hi, this is your personal diary!

Do you know what a diary is? It's a place where you can write down everything you're feeling. No one here will judge you. There are no wrong answers here.

You can:

- Draw your feelings
- Color
- Write about your day
- Stick on stickers

And even crumple the pages if you're really angry!

This is YOUR space.

My Feelings Diary

Today I feel... Date: _____

What made me happy

What made me sad

What helped me calm down

I Am the Boss of my Feelings

Hello, little explorer of feelings!
Have you ever noticed how many emotions live inside you?
Some are warm and cozy, like sunshine on your face.
Some are loud and fiery, like a spark that wants to dance.
And some are quiet and cool, like gentle rain tapping on the window.
All of them belong to you — every single one.
In this part of our journey, we'll discover something truly magical:
Feelings aren't good or bad. They just are."

What does the Boss Emoji say?
"Imagine that your feelings are colored pencils. You can't just draw with yellow, can you? Sometimes you need blue, sometimes red, sometimes black. Every color is important. Every feeling is, too."

Meet: All feelings are friends.

Joy—when everything is great, and you want to jump for joy

Anger—when something is wrong, and you want to scream

Sadness—when something is missing, and you want to cry

Fear—when something scares you, and you want to hide

Surprise—when something unexpected happens

Disgust—when something is unpleasant

Love—it's warmth inside.

Why are there no "bad" emotions

Boss Emoji says:

"All feelings have a right to exist. Even those that seem scary or uncomfortable."

Hi! Make yourself comfortable—we're going to talk about what matters most.

Have you ever heard these words?

"Don't cry—it's bad!"

"Don't get angry—it's ugly!"

"Don't be afraid—you're not a little kid anymore!"

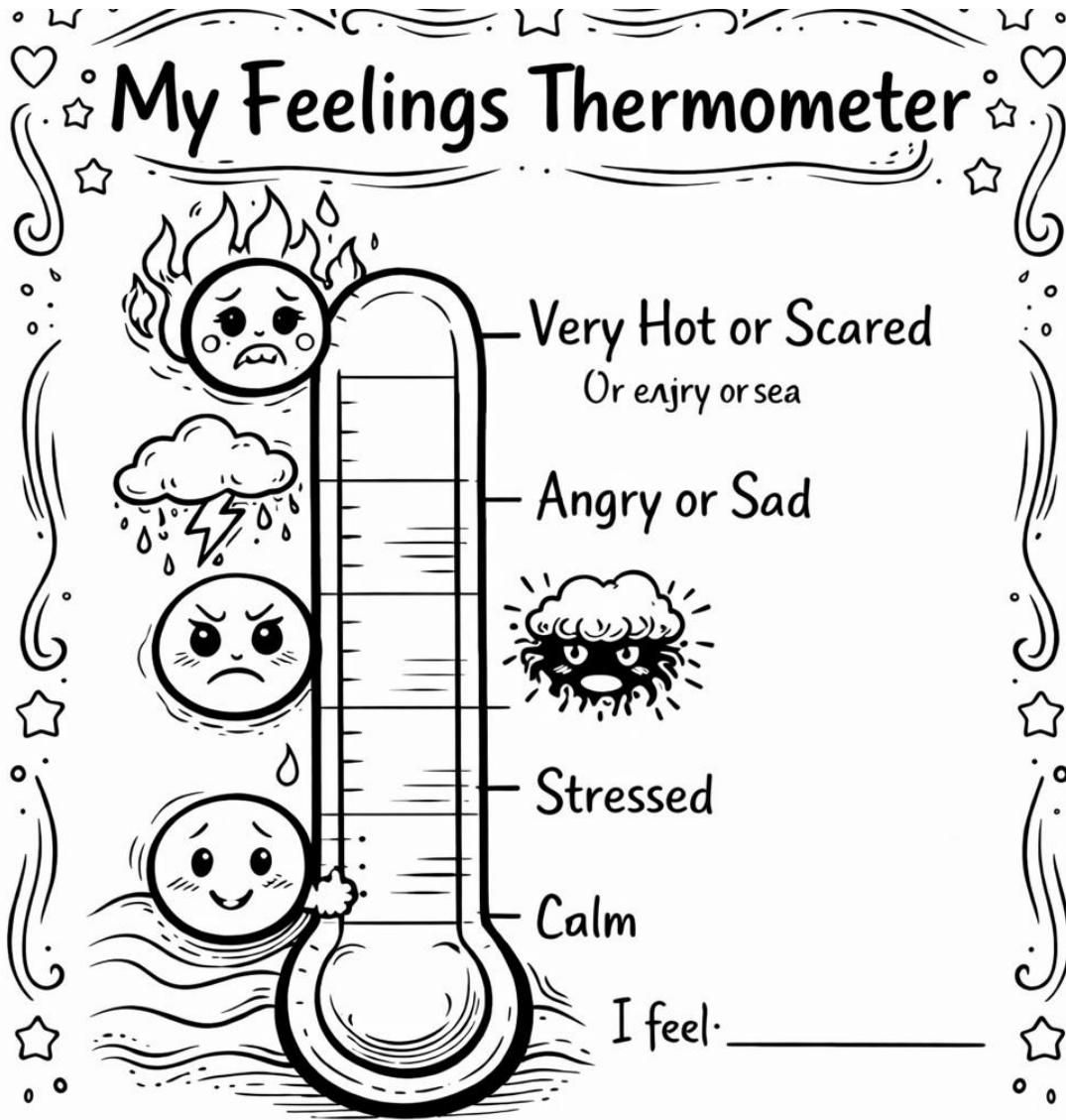
I've heard them too. And you know what? They're not true.

There are no bad emotions. All emotions are important.

My Emotion Thermometer

“Emotions can be as quiet as a whisper or as loud as thunder. How can we tell how strong they are? To find out, we'll use... A THERMOMETER!”

Boss Emoji



What will help me cool down?

The Wheel of Emotions

Color each section of the "Wheel of Emotions" with a different color. Then choose which emotion you're feeling right now!



Spin the Emotion Wheel and color your sector.

Turn to a partner and tell them what emotion you're feeling.

We are playing now.

I am feeling: _____

Today I learned: _____

Where in the body do feelings live?

“Feelings aren’t just in your head. They live all over your body. Sometimes in your stomach, sometimes in your chest, sometimes even in your fingertips!” —

Boss Emoji

Hi! Let’s explore your body.

Close your eyes for a moment. Place your hand on your chest. What do you feel?

Now—on your stomach. What’s there? Are there “butterflies”? Or maybe “stones”?

Every feeling has its place in the body. And when we learn to recognize them, we learn to understand ourselves.



How the Body Reacts to Emotions

“Your body shows what your heart feels. When something is happening inside, your body is always the first to show it.”

Ms. Calm

How the Body Reacts to Emotions

“ Your body is like a mirror of your feelings. When you feel something inside, your body shows it first.”

<p>Happy Signals</p> <ul style="list-style-type: none"><input type="checkbox"/> Smiling<input type="checkbox"/> Bouncy & Energetic<input type="checkbox"/> Warm Feeling	<p>Angry Signals</p> <ul style="list-style-type: none"><input type="checkbox"/> Clenched Fists<input type="checkbox"/> Tense Muscles<input type="checkbox"/> Loud Voice
<p>Sad Signals</p> <ul style="list-style-type: none"><input type="checkbox"/> Slumped Shoulders<input type="checkbox"/> Quiet Voice<input type="checkbox"/> Tearful Eyes	<p>Scared Signals</p> <ul style="list-style-type: none"><input type="checkbox"/> Fast Heartbeat<input type="checkbox"/> Shaky Legs<input type="checkbox"/> Quick Breathing

Notice these signals, then try:

<p>Breathing Exercises</p> <ul style="list-style-type: none"><input type="checkbox"/> Deep Breaths<input type="checkbox"/> Slowly In & Out	<p>Calming Exercises</p> <ul style="list-style-type: none"><input type="checkbox"/> Hug Myself<input type="checkbox"/> Count to Ten
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What Does My Anger Look Like?

"Anger looks different for each of us. For some, it's like a volcano; for others, it's like a hedgehog. Let's find out what your anger looks like!"

Grumpy

How Do I Know When I'm Angry?

Signs of Anger

- I clench my fists
- My face gets hot
- I yell or want to scream
- I stomp my feet
- I cry because I'm angry
- I want to throw or hit something
- I don't talk to anyone
- My head hurts
- I clench my jaw/teeth
- My stomach feels "twisty"
- I want to run away and hide
- I breathe quickly
- My hands are shaky
- I say mean words
- My heart is beating really fast
- Other (_____)



When I'm angry – it means I need to calm down.

My feelings are like the weather

“Feelings, just like the weather, are constantly changing. Sometimes the sun is shining, sometimes there's a thunderstorm, and sometimes it's just quietly snowing. And all of this is part of one big sky.”

Boss Emoji

Hi! Look out the window.

What's the weather like out there today?

- Sunny?
- Raining?
- Thunderstorm?
- Windy?
- Cloudy?

Now look inside yourself. What's the weather like in your feelings?

Did you know that feelings are a lot like the weather? They can be different, too. They change, too. And just like the weather, they always pass.

How are feelings like the weather?

Weather	Feelings	Why?
	Happiness	Bright, warm, makes you want to smile
	Sadness	Quiet, feels like crying, like rain
	Anger	Loud, strong, feels scary
	Nervousness	Everything is spinning inside
	Confusion	No one understands
	Calm	Quiet, peaceful, and nice
	Love	Colorful and warm
	Other (add your own): _____	

Color each weather in its color and think about how you feel inside today.



Emotions come and go—it's natural

“Look at the sky. Clouds come and go. The sun hides and reappears. It's the same with feelings—they don't last forever.”

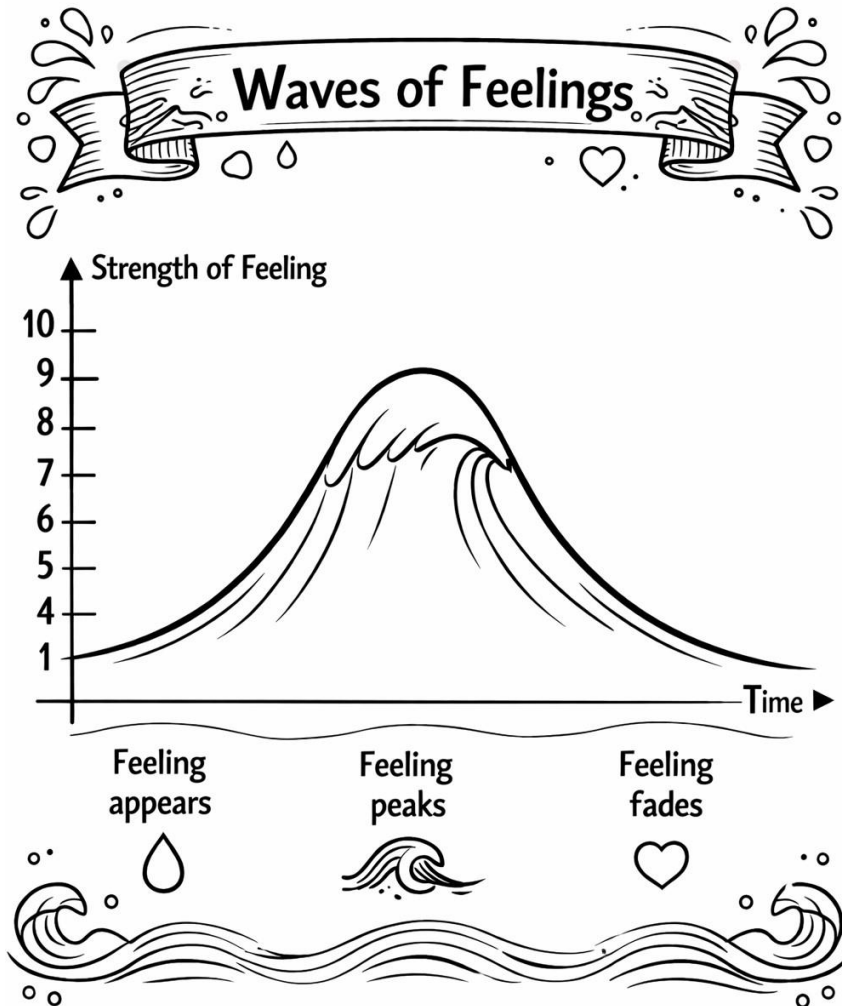
Ms. Calm.

Hi! Have you ever noticed?

One minute you're angry—really, really angry! And 10 minutes later, you're laughing at a cartoon.

Or you're sad—and it feels like it will never end. But time passes—and it gets easier. Why is that?

Because emotions are like waves in the sea. They roll in, grow big, and then recede. No emotion lasts forever. Even the strongest anger or the deepest sadness eventually passes.



Draw how your feeling gets bigger and then fades.

I Am the Boss of my Feelings

Draw what the weather is like for you today

I Am the Boss of my Feelings

A Weather Diary of My Feelings

“Just as a real meteorologist keeps track of the weather, you can keep track of your feelings. Write it down, observe—and you’ll learn a lot of new things about yourself!”

Boss Emoji

How to fill out the diary?

Every day, choose:

What is the “weather” like in your feelings today?

What happened that caused this weather?

How intense was it?

Weather Diary of My Feelings

Day of the Week	Weather Mood	Weather Mood	Weather Mood	Weather Mood	Weather Mood	Weather Mood	Weather Mood
Date	+ !	Weather Mood	Weather Mood	Weather Mood	Weather Mood	Weather Mood	Weather Mood
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Color each day with the colors of its weather mood.

I Am the Boss of my Feelings

Warning Signs: When the Little Monster Wakes Up

“Sometimes something inside you just ‘clicks’—and a big, scary, or angry feeling comes up. That doesn’t mean you’re a bad person. It means your inner little monster has woken up.”

Blaze

Hi! Has this ever happened to you?

You were playing calmly—and suddenly:













- Something went wrong
- It felt like an explosion inside
- You didn’t have time to think—and you were already angry or scared

That’s the MONSTER WAKING UP!

But you know what? You can learn to spot its awakening in advance. The monster has warning signs—little bells that say, “Watch out! Something’s coming!”



Signals

-  My cheeks turn red
-  I clench my fists
-  I clench my teeth
-  My heart starts to beat fast
-  I start to breathe rapidly
-  My legs tremble
-  I feel “butterflies” or a “rock” in my stomach
-  I feel like crying
-  I feel like screaming
-  I feel like running away
-  I feel like hiding
-  I freeze and can’t move



Circle the signals you have when your monster wakes up.



I Am the Boss of my Feelings

Early Signs of Anger and Irritation

“Anger doesn’t strike suddenly. It always gives us a heads-up beforehand—through little signals. The key is to learn to notice them!”

Blaze

Hi! Let’s talk about warning signs.

Imagine that your body is an early warning system. Like a real detective, it sends you signals: “Attention! Anger is coming!”

If you learn to notice these signals right at the start, you’ll be able to choose what to do: calm down, walk away, take a breath, or ask for help.

Checklist: My Red Flags

My Red Flags

- When someone yells at me
- When I’m forced to do something I don’t want to do
- When someone touches me without my permission
- When someone hurts my feelings
- When I feel scared or ashamed
- When someone crosses my boundaries
- When I can’t say “no”
- When I feel like I need to hide
- When someone laughs at me
- When someone laughs at me
- When I feel lonely or unsafe

Circle these situations that are red flags for you.
They show that you need help/support.

I Am the Boss of my Feelings

Draw Your Anger Creature

"We all have a little (or big) anger monster living inside us. But you know what? When we draw it, we stop being afraid of it. After all, now we know what it looks like!"

Blaze

What does your anger monster look like?

My Anger Monster

- When someone yells at me
- When someone makes me do something I don't want to do
- When someone touches me without permission
- When someone calls me names
- When I feel strong fear or embarrassment
- When someone breaks my boundaries
- When I can't speak up or say "no"
- When I feel that I need to hide

Circle the situations or actions that fire up your nerve warrior.
He will signal when you need to calm or hide.

I Am the Boss of my Feelings

Breathe—it works!

“Our breath is a magical anchor. When there’s a storm inside, it brings us back to a calm harbor.”

Ms. Calm

Why is breathing magical?

Did you know that your breath is the only tool you always have with you? It doesn’t need batteries, the internet, or other people. It’s always inside you. When you’re angry or anxious, your breathing becomes fast and shallow.

When you’re calm, your breathing is deep and slow.

Try doing something incredible:

If you start breathing slowly, your body will think you’re calm and will calm down too!

Breathing Techniques for Children

The Turtle Breath

Imagine you’re a turtle hiding in your shell. Breathe in slowly through your nose, as if pulling your head into your shell. Hold your breath for 2 seconds. Breathe out through your mouth, as if peeking out.

Repeat 5 times.

Flower and Candle

Imagine you’re holding a flower — breathe in its scent. Then imagine a candle — exhale slowly so as not to blow out the flame.

Repeat several times, alternating between “flower” and “candle.”

Balloon

Place your hands on your stomach.

Breathe in through your nose as if you were inflating a balloon inside yourself. Breathe out through your mouth as if you were letting the air out of the balloon. Listen to how the “balloon” expands and deflates.

Butterfly Breathing

Spread your arms like butterfly wings. Inhale—the wings rise. Repeat 5–7 times, moving your arms smoothly.

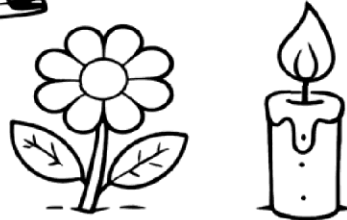
My Breathing Techniques

Turtle Breathing



- Inhale - hide in your shell.
- Hold for 2 seconds.
- Exhale - peek out curiously.

Flower & Candle



- Inhale - smell a flower.
- Exhale — blow out the candle.

Balloon Breathing









- Inhale - fill a balloon in your tail.
- Exhale - release the air.

Butterfly Breathing



- Inhale - wings up.
- Exhale - wings down.

  _____  

 Use these techniques to calm down and feel better! 

I Am the Boss of my Feelings

The Pause — My Superhero Shield

“Imagine you have an invisible shield. It appears every time you pause. And this shield protects you from saying or doing something you’ll later regret.”

Boss Emoji

Hi! Do you know what a PAUSE is?

A pause is when you stop for a moment before doing or saying something. Sounds simple? But it’s the most powerful superhero move!



I Am the Boss of my Feelings

Counting Game “10, 9, 8... Calm Down!”

“When there’s a storm inside, and your head says, ‘I can’t keep up!’—just start counting. Numbers have a magical power to calm you down.”

Ms. Calm.

How does it work?

Counting is a simple yet very powerful tool. When you count, your brain switches from panic mode to counting mode. And while your brain is counting, your body has time to calm down. We’ll count from 10 to 1—and do something special for each number!



My Superhero Calm Pose

“Every superhero has a signature pose! Choose yours—and it will remind you of your superpower: calmness.”

Boss Emoji

How does it work?

When you strike a certain pose, your body sends a signal to your brain: “I am calm! I am strong!” And your brain listens!

Choose or create your own superhero calm pose.



I'm The Boss, not some little creature!

"You are NOT your anger. You are NOT your fear. You are the one who NOTICES them. And the one who notices is always stronger."

The Boss Emoji

The Most Important Secret About Emotions. Are you ready to learn the main secret?

Here it is:

- You are not your emotions.
- Emotions are guests who come and go.
- And you are the home that remains.

When you're angry, you're not an "angry person." You're a person who is feeling angry right now. When you're scared, you're not a "coward." You are a person who is scared right now. Can you feel the difference?

Who's Behind the Wheel?

"Imagine your body is a car. Who's behind the wheel? When you're angry, a little monster is behind the wheel. When you're calm, the real you is behind the wheel!"

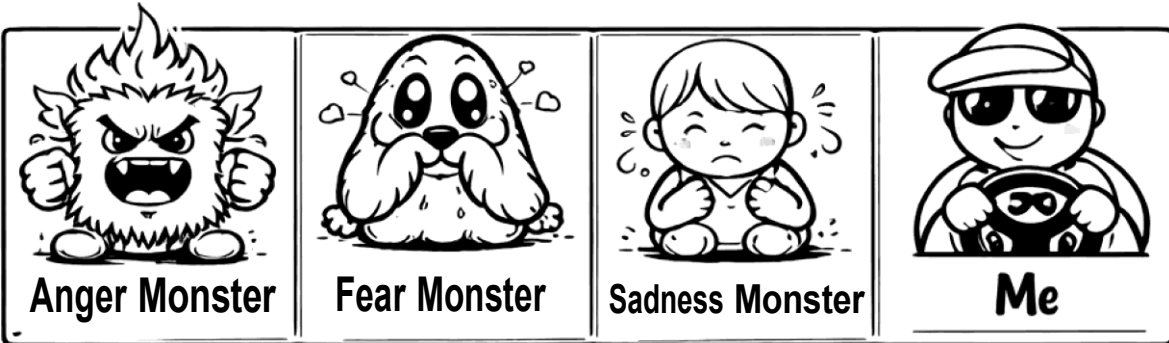
Boss Emoji

How does it work?

When we get angry or anxious, it feels like we're not in control of ourselves. Our "emotional Creature " takes the wheel and starts driving the car at breakneck speed! But... you can always take the wheel back!

Who's Driving Your Emotions?

2.- Draw the driver in the car! ::



Today, the driver of my emotions is: _____

«3 "

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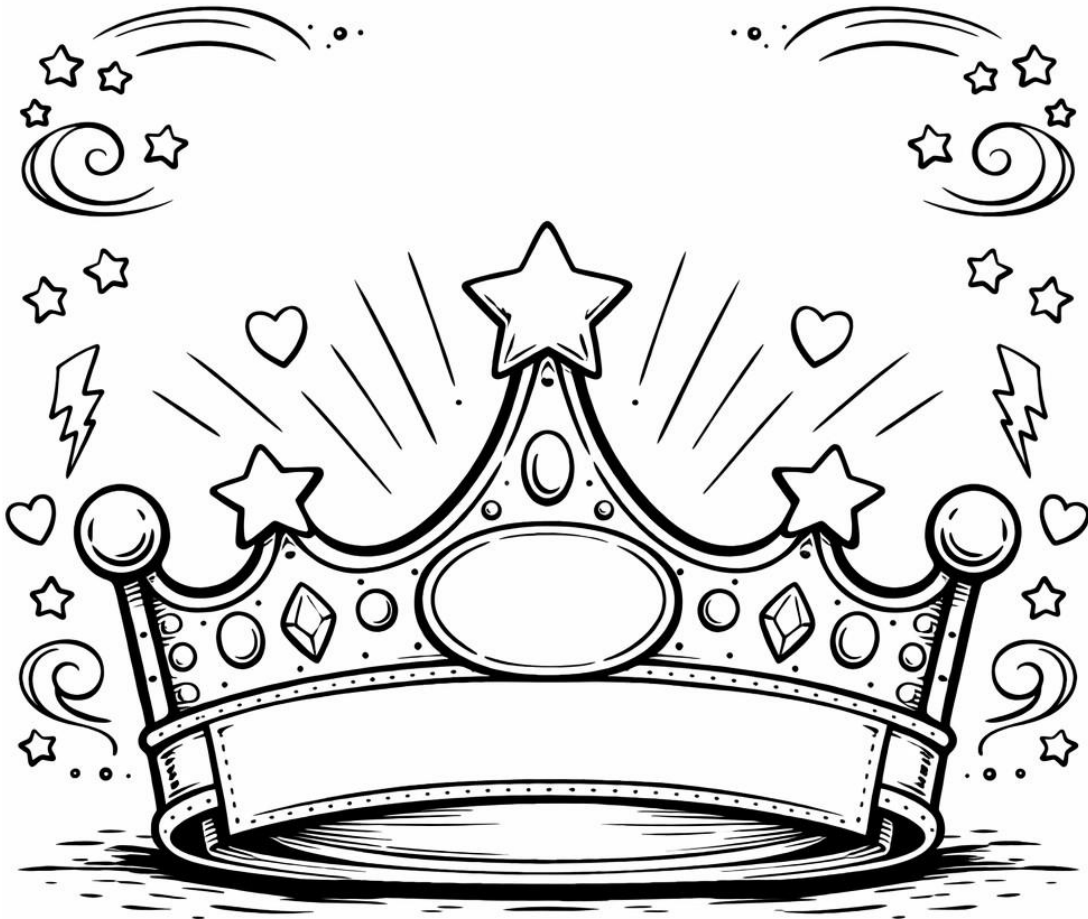
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My Boss Crown

“Every true boss of their emotions wears a crown. It serves as a reminder: I’m in charge! Not a monster, not anger, not fear—but ME!”

Boss Emoji



Anger Monster



Fear Monster



Sadness Monster



Me

☆ **Color & Shine!** ☆

Talking to the little monster

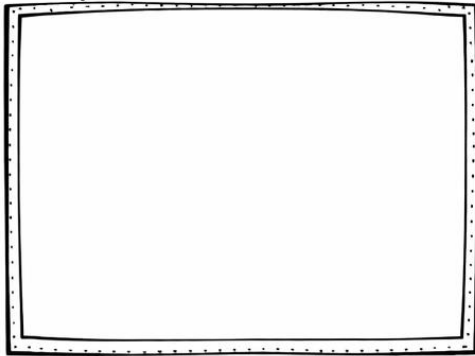
"The little monster of anger isn't your enemy. It just wants to be heard. Talk to it—and it will get smaller."

Grumpy

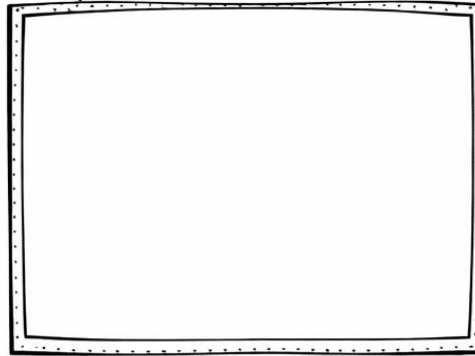
Talk to Your Monster



My Monster Before the Talk



My Monster After the Talk



☆ *"The Anger Monster isn't an enemy. He just wants to be heard."*

My Calm Corner

“Every superhero has a secret place where they go to recharge. Your Calm Corner is your headquarters, where you recharge!”

Ms. Calm







Why do you need a Calm Corner?

When the monster of anger wakes up, sometimes the best thing you can do is go to a safe place and give yourself time to calm down.

The Calm Corner isn't a punishment. It's your personal space where you can be alone with yourself, breathe, think, and take back control.

Plan Your Calm Corner

Where will it be? (Circle or write your choice)

-  In the corner of my room
-  Behind a curtain or screen
-  Under the table (my secret base)
-  In a chair with pillows
-  Made of blankets (a fort)
-  Other: _____

What will be inside? (Choose as many as you like)

- | | |
|---|---|
| <input type="checkbox"/> Soft pillow (to hug or punch) | <input type="checkbox"/> Calm music playlist / Headphones  |
| <input type="checkbox"/> Favorite stuffed toy | <input type="checkbox"/> Water bottle  |
| <input type="checkbox"/> Book or comic  | <input type="checkbox"/> "Emotion cards" (feelings sheets) |
| <input type="checkbox"/> Coloring pages & pencils  | <input type="checkbox"/> Clock or timer  |
| <input type="checkbox"/> Calm music playlist / Headphones  | <input type="checkbox"/> Scented candle / Sachet: (with adults) |
| <input type="checkbox"/> Water bottle  | <input type="checkbox"/> Breathing technique card  |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> My Boss Crown:  |
| | <input type="checkbox"/> Other: _____ |



My cozy, calm space:

Draw your ideal peaceful spot

“Every superhero needs their own safe haven. A place where they can recharge, calm down, and become strong again.”

Ms. Calm

Drawing: My Perfect Peaceful Corner

Close your eyes for a moment. Imagine your perfect peaceful place... What’s there? What colors? What smells? What sounds? Now draw it!

Draw Your Perfect Calm Corner

Imagine and draw your perfect calm corner!



My Calm Box

“When a little monster is around, and you can’t retreat to your corner, your Calm Box is always with you. It’s a little set of superpowers that fits right in a box!”

BossEmoji

What is a Calm Box?

It’s a box, a small chest, or a pouch that holds things to help you calm down.

You can keep it:

- On the table in your room
- In your backpack (to take to school/preschool)
- Under the bed
- In the car (with your parents’ permission)

When the little monster wakes up, you open the box and take out whatever helps you right now!

5 things I see... 4 things I hear...

“When the little monster screams so loud that you can’t hear yourself—stop and start noticing what’s around you. It brings you back to reality.”

Ms. Calm.

What is this technique?

It’s a magical grounding counting rhyme. It helps when:

- You’re really angry
- You’re really anxious
- Your mind is a mess
- You can’t calm down

You simply notice what’s around you and count:



5 Senses

Grounding 6øue

“When the monster screams so loudly th«t you can’t l}caryourself—
stop and notice wkots arourid you.” -Ms. Calm

“*W” “_ _” “æ»”

Goux d younelf l}y øeing your eøses!



5 Things I Can See

1. _____	2. _____	3. _____
4. _____	5. _____	6. _____

5 Things I Can Touch

1. _____	2. _____	3. _____
4. _____	4. _____	



3 Things I Can Hear

1. _____	2. _____
1. _____	

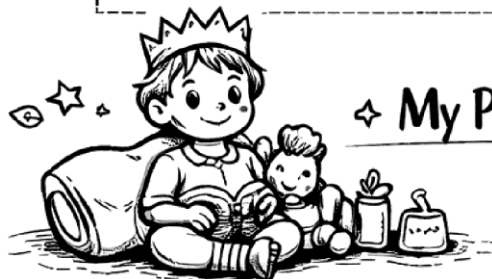
2 Things I Can Smell

_____	_____
-------	-------



1 Thing I Can Taste

1. _____



My Perfect Calm Corner

Words Are a Superpower

“When you scream, the monster gets bigger. When you use words, the monster gets smaller. Words are your superpower!”

Boss Emoji

Why are words more important than screaming?

Screaming is like a volcanic eruption. It’s loud and scary, but it doesn’t solve anything. And words? Words are like a key that unlocks the door to understanding.

Helpful Phrases

“Words are keys. When you can name your feelings, the little monster gets smaller. It doesn’t scream anymore—it just waits for you to understand it.”

Boss Emoji.

Why are helpful phrases so important?

When you say, “I’m upset because...”—you:

- Engage your mind (not just your emotions)
- Calm the monster (it realizes you hear it)
- Help others understand you
- Become the Boss of your emotions

“I-messages” — practice

“I-messages’ are the secret code of superheroes. When you say ‘I,’ you take responsibility for your feelings. And then people hear you!”

Ms. Calm

What is an “I-message”? It’s when you talk about your feelings instead of blaming others.

☺ I-Message Practice ☺

“When you speak from your heart, your words sound softer— even the monster listens.” — Ms. Calm

I feel _____ when _____ because _____. I need _____.

I feel _____ when _____ because _____

I feel _____ when _____ because _____

I feel _____ when _____ because _____

♥ Notice the feeling

📅 Say when it happens

❓ Explain why

🗨️ Ask for what you need



**Speak from
your heart!**

1 Notice the feeling > **2** Say when it happens > **3** Explain why > **4** Ask for what you need

The Traffic Light of Words

“Words are like traffic lights. Some say ‘STOP,’ others say ‘CAUTION,’ and still others say ‘GO.’ Choose wisely!”

Ms. Calm

How does the traffic light of words work?

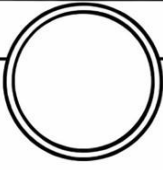
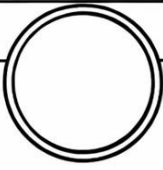
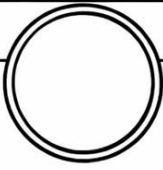
Every word we speak has its own power and consequences. Let’s divide them into three colors:



Word Traffic Light

“Words are like traffic lights. Some say STOP, others say CAUTION, and some say GO. Choose wisely!”

— Ms. Calm

	STOP Words Hurtful or mean words _____ _____ _____
	CAUTION Words Words to use carefully _____ _____ _____
	GO Words Kind, positive words _____ _____ _____



Choose kind words!

Movement can help you feel calmer

“When anger gets stuck in your body, it turns into a monster. But when you move, the anger comes out, and you feel better. Your body is a safety valve!”

Blaze

Why can movement help you feel calmer?

When you get angry, your body fills with energy. Your heart beats faster, your muscles tense up, and your breathing quickens. It’s like a kettle coming to a boil!

If you don’t release that energy, it will explode in a scream or tears. But if you channel it into movement, you’ll let off steam and calm down.

My Ways to Move

☆ Pick ways to move that you like! ☆



At Home (quiet but fun)



Squat 10 times



Push-ups 5 times



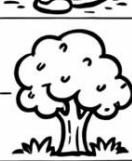
Jump like a star^o



Stretch up high



Stand on one foot



Box with a pillow



Throw paper balls



Outside (active and fun)



Run and skip



Ride a bike



Play ball



Jump over puddles



Energetic exercises to release anger

“When anger builds up inside, it needs an outlet! The best way is to move! These exercises turn your anger into energy and your little monster into a friend.”

Ms. Calm

Activity 1: Volcano

Imagine you're a volcano with lava of anger bubbling inside. Let's release it safely!

Volcano Activity
Let Your Anger Out Safely!

1. Stand tall, feet apart
2. Raise your hands above your head
3. Clench your fists – imagine all your anger inside
4. Take a deep breath in
5. Exhale – Drop your arms down, stomp your foot, and shout “HA!”
6. Repeat 5 times – stronger each time!

Feel lighter now?
SA!

Activity 2: Punching the Monster

Imagine your angry little monster right in front of you (or a pillow!). Let's let off some steam!



Box with Your Anger Monster!
Pus Your Anger Out Safely!



1. Stand like a boxer:
One foot forward, hands up!



2. Punch the air (or a pillow!):
Right, left, right, left!



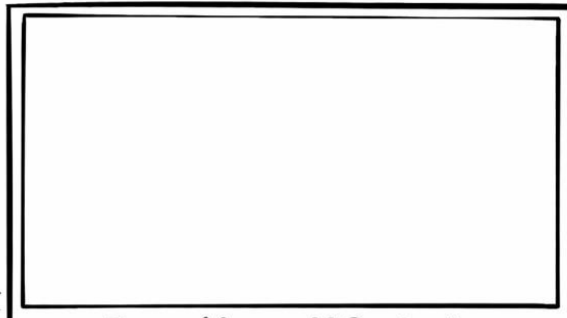
3. Say "I!" (right) 'ANGRY!' (left):
Shout it out!

4. Try: "I!" - "CAN!" - "BE!" - "THE BOSS!"
Be loud!

5. Do 10 punches! You beat the monster!

10x

☆ **You did it!** ☆



Draw Yourself Boxing!

Yoga for Kids

“Yoga is when you move slowly and breathe deeply. That’s how the little monster falls asleep, and you become calm and strong!”

Ms. Calm

POSE 1: Tree

“Imagine that you are a big, strong tree. The wind is blowing, but your roots are strong. You stand firm and don’t fall!”



Tree Pose

Stand Strong Like a Tree!



1. Stand tall, feet together

2. Lift one foot onto the inside of your other leg (above or below the knee)



3. Raise your arms up like branches



4. Look at one spot to keep your balance

5. Breathe in – grow your branches up
Breathe out – let them fall



6. Switch legs



☀ Imagine your arms are colorful branches reaching up to the sun!

My record: _____ seconds on right leg

My record: _____ seconds on left leg



POSE 2: Cat

“Cats always know how to relax. First, they arch their backs, then they gently curve them—and the tension melts away. Give it a try!”



1. Get on your hands and knees

Hands under shoulders, knees under hips.



2. Arch your back like an angry cat:

- Exhale
- Look at your belly
- Push out the anger!



3. Lower your back like a calm cat:

- Breathe in
- Lift your head
- Look forward, feel calm



4. Repeat 5 times

Softer each time.

☆ 5x ☆



My record: ____ seconds on right leg

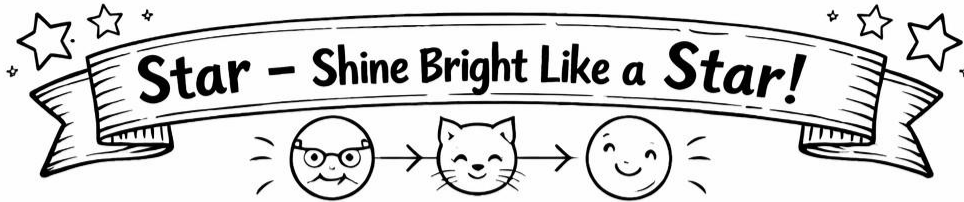
My record: ____ seconds on left leg

Each breath helps your body feel lighter and calmer!



POSE 3: Star

“Imagine you're a star in the sky! You shine brightly, take up a lot of space, and light up the whole world. The little monster of anger can't stand such light!”



1. Stand tall, feet wide apart.

2. Stretch your arms out wide.

3. Look straight ahead.

4. Breathe in – grow bigger!
Imagine you're shining bright!

5. Breathe out – relax but stay shining.
Let out a deep breath.

6. Try star variations:

- ★ Dancing Star
- ★ Twisting Star
- ★ Jumping Star



Star Breathing

★ Inhale – Count to 4, imagine you grow bigger! 1 - 2 - 3 - 4

☀ Exhale – Count to 4, imagine anger leaves through 1 - 2 - 3 - 4



★ Draw Yourself as a Star! ★

Each breath helps your body feel lighter and calmer!

Jump, stomp, clap — reminder card

“When the little monster starts to grow, you don't need to think. Just do it! Jump, stomp, clap, and your anger will flow out through your hands and feet!”


Grumpy

Reminder card

Choose your own way! You can print this card, cut it out, and hang it on the wall or carry it in your pocket.

Jump, Stomp, Clap! - Quick Anger Release Card

“When your anger monster grows, don't think — just move!”

<p>Jump high! Shake the anger out.</p> 	<p>Stomp your feet! Feel the ground under you.</p> 	<p>Clap your hands! Let the sound push the anger away.</p> 
---	---	---

• ★ Do it 5 times! Feel lighter and calmer. ★ •

★ Cut out and keep this card! ★

The Boss at School

“School is a training ground for superheroes. Here, you learn to be The Boss not just on your yoga mat at home, but also among friends, teachers, and the ringing of bells. You can stay calm even when things get noisy around you!”

The Boss Emoji

Why is it so hard to stay calm at school?

There are many triggers at school—things that set off the little monster:

To make it easier to understand, you can think of these as “signals” that the brain perceives as danger or a challenge:

- A loud ringtone—the body reacts to a sudden noise as if it were a stressful event.
- A test—the fear of making a mistake triggers anxiety.
- Hurtful words—they cause pain and anger.
- Being called to the front of the class—embarrassment and nervousness due to the attention of others.
- Not being included in a game is a sign of loneliness.
- Noise in the classroom — overload for the brain.
- Too much homework — a feeling of pressure and lack of time.

It’s important to remember: these triggers don’t mean there’s something “wrong” with you. They just show that your nervous system needs support and rest.

How to Stay Calm During Class and Recess

“School is a place where the little monster likes to show up. But you know the secret tricks to staying in control of your emotions, even in class!”

Ms. Calm

MORNING ROUTINE

Before you go to school, do this:

1. Take 3 deep breaths
2. Tell yourself: “I am the master of my emotions!”
3. Imagine putting on an invisible cloak of calm
4. Smile (even if you don’t feel like it!)

My morning mantra:

Today I _____

If something goes wrong, I _____

My School Calm Card

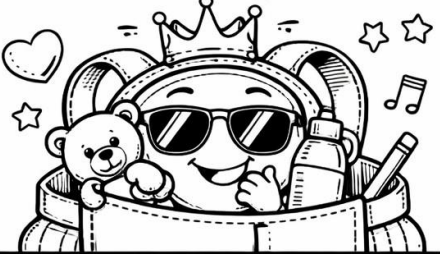
“Keep this card with you in your pocket or pencil case. When that little monster wakes up during class or recess—just pull it out and remind yourself that you're the Boss!”

Boss Emoji

MY CALM CARD

Name: _____
Class: _____


◀ I'm the Boss of my emotions!









★ MY SUPERPOWER: _____

MY CALM COLOR: (color in)






Date: _____ My Name: _____

MONSTER WAKE UP? 

DO THIS IN CLASS (QUIETLY):

 3 deep breaths	☆
 Squeeze fists (5 times)	☆
 Tap your foot under desk	☆
 Look out the window	☆
 Ask for water	☆
 Doodle a little monster	☆




DO THIS AT RECESS:

 10 jumping jacks	☆
 Stand on one foot	☆
 Air box	☆
 Walk in the hallway	☆
 Tell a friend: "I'm mad, but I'm the Boss!"	☆

Scenarios — What to Do If...


“You can't control what happens at school. But you can control what you do. Let's practice!”

Boss Emoji


 **SCENARIO 1: DIFFICULT TASK**  


Situation: Your teacher gave an assignment and you don't understand what to do. Your head feels foggy and your stomach has butterflies.





Monster says:


 «I can't do it!» _____
«This is impossible!» _____
«Everyone is better than me» _____

Boss decides:


 «I can't do it yet, but I'll get better.» _____
«I'll at least start somewhere.» _____
«I go at my own pace» _____

 **What to do:**

-  Take 3 deep breaths _____
-  Read the assignment again _____
-  Begin with what you know _____
-  **Ask for help:**
"Excuse me, I don't quite understand. Could you explain?" _____

 **Imagine it:**

Imagine sitting in class feeling confused.
What will you tell yourself? _____
What will you tell the teacher? _____





SCENARIO 2: CONFLICT AT RECESS



Situation: Someone pushed you or said something mean during recess.
You feel angry and want to shout or push back.

Monster says:



- I'll shout back!! _____
- They're so mean! _____

« I'll never play with them again »

Boss decides:

- I'll take a breath before I speak. _____
- Maybe they're having a bad day. _____



• I can walk away and calm down first.



What to do:



Take 3 deep breaths



Step aside and count to 10



Talk to a teacher or friend



Say calmly:

"I'm up set, but I don't understand.
to not fight."



Imagine it:

Imagine you're on the playground and someone says something rude.

What will you tell yourself? _____

What will you tell the other person? _____

SCENARIO 3: FEELING LEFT OUT

t-

SitlJatiofi: YOIJF fTiendS <me playing tOgether, bLit thCy diElfl't inVite yOIJ.
You feel sad and think they don't like you.

Monster says:



« Nobody likes me. »

• I'll never play with Gem again. •

• I'm not good enough •

Boss decides:

« Maybe they didn't notice I wanted to join. »

« Maybe they're having a dole toy. »



• I can >vaik ssay and ulin down Inst. •

What to do: _____

Take 3 deep breaths _____



Think of one friend you can talk to. _____



Ask calmly: "Can I play with you?" _____



Do something you enjoy while waiting. _____



Imagine it: _____

Imagine you're standing near your friends who are playing without you

What will you tell yourself? _____


What will you tell your friends? _____




How to Ask Your Teacher for Help

“Sometimes a little monster gets so big that you can't handle it on your own. And that's okay! Even superheroes ask for help. Your teacher is your ally, not your enemy!”

Ms. Calm





HOW TO ASK THE TEACHER FOR HELP




**Even superheroes
ask for help!**

~ Ms. Calm

Why Asking for Help Matters:

Monster says:	Boss says:
 <p>«I'll do it myself!»</p> <hr/> <p>«No one will understand.»</p> <hr/> <p>«It's embarrassing.»</p> <hr/> <p>«The teacher will be mad.»</p>	 <p>«I need help, and that's okay!»</p> <hr/> <p>«My teacher wants to help me.»</p> <hr/> <p>«It's brave to ask for help.»</p> <hr/> <p>«The teacher is here to support me.»</p>

 **Remember:**

- ☆ Asking for help is not weakness — It's strength!
- ☆ Be brave, be honest, and work teenwerk.
- What will you tell yourself? _____
- What will you tell your friends? _____


Helpful Phrases


“When the little monster says mean things to you, you can respond with special phrases. They're like magic spells: they make you stronger!”

Ms. Calm

HELPER PHRASES

Circle the ones that fit you best!


 **When something is unclear in class:**


 • Excuse me, I didn't understand. Could you repeat that?

• I'm confused. Could you help me, please?

• I need a moment to think.

• I can't write fast enough. Could you go slower?


 **When the monster wakes up in class:**

 • I need to get some water.

• I'm tired. Could I rest for a minute?

• It's hard for me right now. May I step out?


• I'm angry. Could you help me?

 • I need to get some water.

• I'm tired. Could I rest for a minute?

• It's hard for me right now. May I step out?


• I'm angry. Could you help me?

 **When something happens at recess:**

• Someone hurt my feelings. What should I do?

• There was a fight. Please call someone.

• I don't know what to do. Please help.

 **Remember:**

◦ Asking for help is not weakaves — it's strength!

◦ Se head, the hurasts and work together! _____

The Boss and Friends


“Friends are great! But sometimes play can get too rowdy—someone might get hurt, or you might get upset yourself. How do you stay in control when other kids are around? Let’s figure it out!”

Grumpy


How to manage your emotions when playing with other kids


“Playing is fun! But sometimes the little monster wakes up when things go wrong. Did you lose? Were you left out of the game? Did someone knock down your structure? It’s okay to feel upset. But you can learn to keep playing!”

Grumpy











HOW TO MANAGE EMOTIONS WHEN PLAYING WITH OTHERS







“Playing is fun! But sometimes the monster wakes up when things don’t go your way.”

! Situations that make you mad:

 I lost the game.	<input type="radio"/>
 Someone changes the rules.	<input type="radio"/>
 I wasn’t chosen for the team.	<input type="radio"/>
 Someone calls me names.	<input type="radio"/>
 I want to win, but I can’t.	<input type="radio"/>
 Someone broke what I built.	<input type="radio"/>
 The game is too long.	<input type="radio"/>
 I’m tired.	<input type="radio"/>



Monster doesn’t like losing.






But Boss knows how to lose with dignity!


What to Do When a Friend Won't Share






"It can be really upsetting when someone won't share a toy, a game, or their attention. The little monster inside says, 'That's not fair!' But Boss knows there are ways to deal with that feeling."



Ms. Calm

 **WHAT TO DO WHEN A FRIEND DOESN'T WANT TO SHARE** 

 "The monster says, "That's not fair!" But the Boss knows how to handle that feeling." – Ms. Calm

 **When someone doesn't share, I feel...**

-  **Anger** – "Why are they like that?"
-  **Hurt** – "They don't respect me."
-  **Sadness** – "I'm not important."
-  **Awkwardness** – "What should I do?"
-  The game is too long.



 


**It doesn't mean you're bad –
it means you're hurt, and that's okay!**


How to Say "I Don't Like That" Without Yelling


"When someone does something you don't like, the little monster inside you wants to scream or hit them. But the Boss knows: words work better than yelling!"


Ms. Calm


 **HOW TO SAY "I DON'T LIKE IT" WITHOUT YELLING** 

 **"When someone does something you don't like, the monster wants to shout or hit. But the Boss knows: words work better than yelling!" – Ms. Calm**


 **Why we yell when we don't like something:**


 **They don't hear me!" → YELL**

 **They don't respect me!" → YELL**

 **I don't know what to say!" → YELL**

But yelling only makes things worse: _____
People stop listening... And the **monster** grows bigger!





— Solution: —

"I don't like that."

"Please stop, that hurts my feelings."

"Please stop, that hurts my feelings."

My Friendship Guide

"This is your personal guide to friendship. It contains the most important rules to help you stay the Boss when you're with your friends. Save this guide and keep it with you!"

Boss Emoji

MY FRIENDSHIP REMINDER

This is your friendship document. Fill it out and keep it with you!



Name: _____

★ Friends are great, but... _____

☰ I promise to... _____

♥ When I feel upset, I will... _____



✊ My friendship superpower is... _____


 



Boss at Home


“Home is where we feel safe. But it’s often at home that our inner monster rears its head the most. Why? Because the people closest to us are right there—annoying us, loving us, making us angry, and hugging us—often all at the same time!”



Boss Emoji



 **MY FAMILY — MY TEAM** 


 Your family is your team.
Everyone has their place — and together you make a strong home!


 Mom: _____  Dad: _____

 Me: _____

 Brother/Sister: _____  Brother/Sister: _____

 Pet: _____  Other: _____


 Who annoys me the most at home? _____

 Who calms me down the best? _____


How to Stay Calm Around Your Siblings and Parents


"Family is the people who love you the most. But sometimes they're the ones who can annoy you the most! Why? Because you're with them most often, and because you feel safe, you let your inner monster out. But Boss knows how to stay calm even at home!"


Ms. Calm


 **WHY EMOTIONS EXPLODE AT HOME** 


Home is the place where...


 **I feel relaxed**  I can just be myself.


 **I don't hold back**  I react before I think.


 **I expect understanding.**  I want
- family to get me. -- Ms. Calm


 **My brother or sister "add" to it.**
- They push my buttons.

 **I'm tired after school** 
- I'm worn out.

 **And then... BOOM!**
The monster jumps out!

 **Remember:** You're not bad—you're just safe.


 **But always care about others' feelings.**




Peace Agreement

“This is a special document that will help the whole family get along. You sign it together with your parents—and everyone agrees on how to behave when emotions run high!”

Emoji Boss




PEACE AGREEMENT



We, the family of _____,
agree to respect each other's feelings
and help one another stay calm!

_____ — Ms Calm



- 😊 Mom: _____
- 😞 Dad: _____
- 😊 Me: _____
- 😞 Brother/Sister: _____
- 😊 Pet: _____
- 💬 Other: _____
- _____
- _____

★ **Peace begins at home — when we listen, breathe, and care.**

Rules for the whole family



★ FAMILY RULES ★



We all agree to:



WE DON'T:

- Shout at each other
- Hit or push
- Say hurtful words
- Break things
- Ignore one another



WE DO:

- Say "I'm angry"
- Take a pause to calm down
- Ask for help
- Talk about our feelings
- Hug after an argument
- Say sorry



☆ Peace begins at home – when we listen, breathe, and care.

My quiet spot at home—draw it

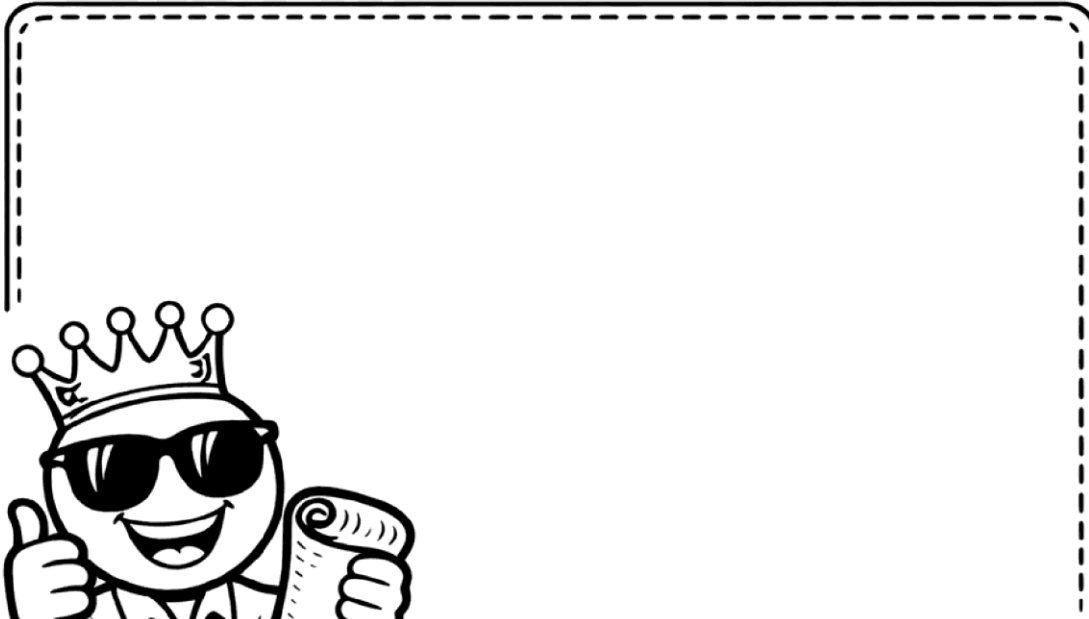


MY QUIET PLACE AT HOME



Draw your quiet place where you feel calm and safe...

- Where do you feel relaxed?
- What helps you calm down?
- Who joins you there?



•;)• Éœœe begixs iø your ÷uiet torner.

Boss in Tough Situations

"There are situations in life that can upset or scare even adults. But Boss knows: even in the toughest moments, you can find strength within yourself. This chapter is your lifeline!"

Blaze

"Difficult situations" are moments when a child or an adult faces strong emotions or unexpected events that are hard to understand or resolve right away.

Key signs of a difficult situation:

- Fear is when something scares you or makes you anxious.
-
- Hurt feelings are when someone says or does something upsetting.
-
- Uncertainty is when you're not sure what to do.
-
- Sadness is when your emotions overwhelm you, and it's hard to pull yourself together.
-
- Unexpectedness is when something sudden happens.
-
- Loneliness is when it feels like no one is around.

It's important to remember: difficult situations aren't the end—they're an opportunity to use your skills. Your child already has the tools: breathing, asking for help, calm words, and their own activities.

What to do when things don't go as planned

"You planned one day—but it turned out completely differently. The party was canceled, the trip was postponed, you didn't get your favorite dish... The Little Monster wants to give up and scream. But the Boss knows: plans can change—and it's not the end of the world!"

Ms. Calm

What to do when you lose a game

"Losing is unpleasant. The Brat screams, "That's not fair!" and wants to flip the board or throw the controller. But Boss knows: losing isn't the end of the world. It's just part of the game!"

Grumpy

Losing causes anger because it touches on very important feelings—the desire to succeed, a sense of fairness, and the effort put in.

Why losing makes us angry:

The desire to win—everyone wants to experience the joy of success.

Effort — when you've tried your best but the result is different, it hurts.

Fairness — sometimes it seems like the rules or the situation were unfair.

But the truth is:

Everyone loses — even the best athletes and players.

Losing is an experience—it helps you understand what you can do better next time.

You can try again—every game gives you a new chance.

The main thing is the process—the joy of the game itself is more valuable than the result.

Friends are more important—relationships last after the game, while victory is just a moment.

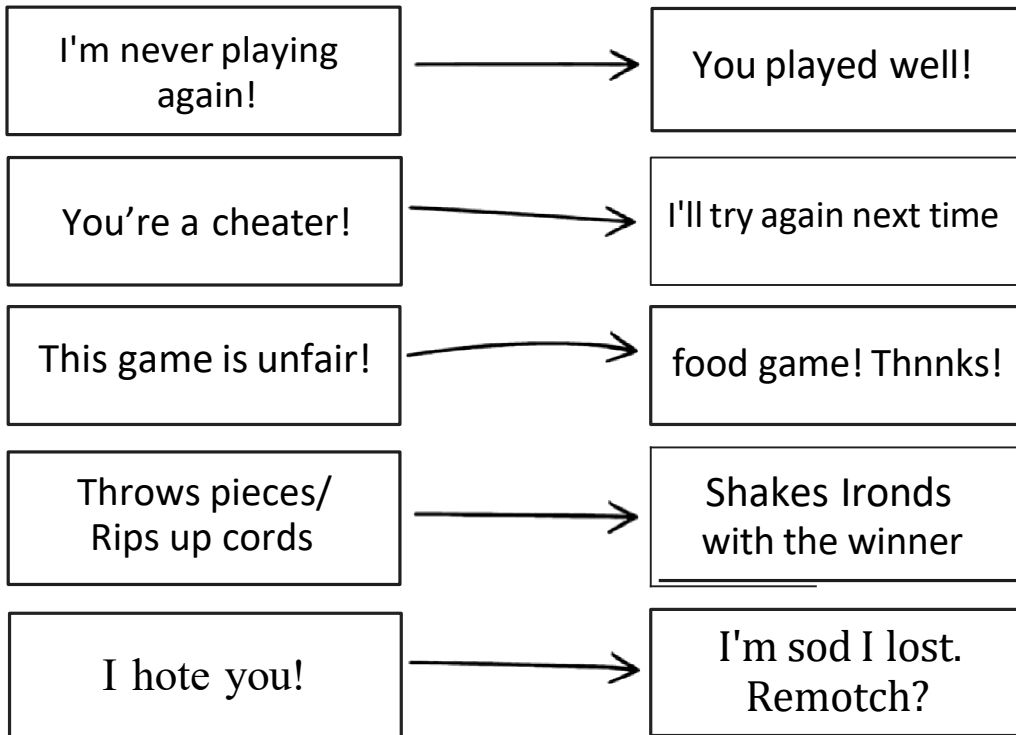
What Does the Brat Say vs What Does the Boss Say?



3/ THE BRAT



'd' THE BOSS



Draw a line to match the Brat's words to the Boss's words!

What to Do When You're Being Teased

"Being teased is one of the toughest situations. Words can hurt more than fists. But Boss knows how to defend herself without losing her cool!"

Blaze

Helper Phrases

Stop it, please.

I don't like that.

That's not kind.

Please leave me alone.

I want to play, not fight.

Let's do something fun.

D&'s time!
Feel lighter and colraet.

I will tell the teacher.

★ Cut out and keep this card! ★

My “Plan B” — how I can handle things differently

“When things don't go according to plan, it's not the end of the world. It's just a moment to come up with a PLAN B! The Boss always has a backup plan—and now you do too!”

The Boss Emoji

B Plan B

Find a Better Way!

Plan B is...

✓ **A new way to reach your goal**



✓ **A chance to see new possibilities.**



✓ **Not a failure, just a new direction.**



✓ **The Superpower of Flexibility!**

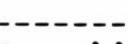


Who finds Plan B?

The ones who never give up!



Da it S times!
Feel lightvt rnd calmer.



☆ **Cut out and keep this card!** ☆

I'm the Boss for good!

"You've come a long way. You met the little monster, learned how to calm him down, discovered breathing, words, hugs, pauses... Now you know that the Boss isn't someone else. The Boss is YOU!"

All the characters together

Conclusion: How to Make These Skills Last a Lifetime

"You've come a long way! You've met the little monsters, learned how to tame them, and become the true Boss of your emotions. But knowledge is just the beginning. The most important thing is to put it into practice every day!"

Boss Emoji



If you don't train them,
they get weaker...



If you train them every day,
they get stronger!



Train your emotional muscles...



Breathe



Talk Kindly



Listen



Move

Practice calm, kindness, and courage...



Calm



Kind



Brave



☆ Your emotions are strong when you train them! ☆

My Superpower — A List of Everything I've Learned

“Every superhero has a list of their superpowers. Now you have one too! It’s not just a list—it’s your weapon against monsters, your lifeline in tough times, and proof of just how much you can do!”

Boss Emoji

My List of Superpowers

Name: _____ Date: _____

Breathing Power

- I can take 3 deep breaths. _____
- I can breathe in a square. _____
- I can count to 10 while breathing. _____

Power of Words

- I can say “I’m angry.” _____
- I can say “I need a break.” _____
- I can ask for help. _____
- I can say “Sorry.” _____
- I can say “I forgive you.” _____

Calm Power

- I can calm down when upset. _____
- I can find my quiet place. _____
- I can help others feel safe. _____

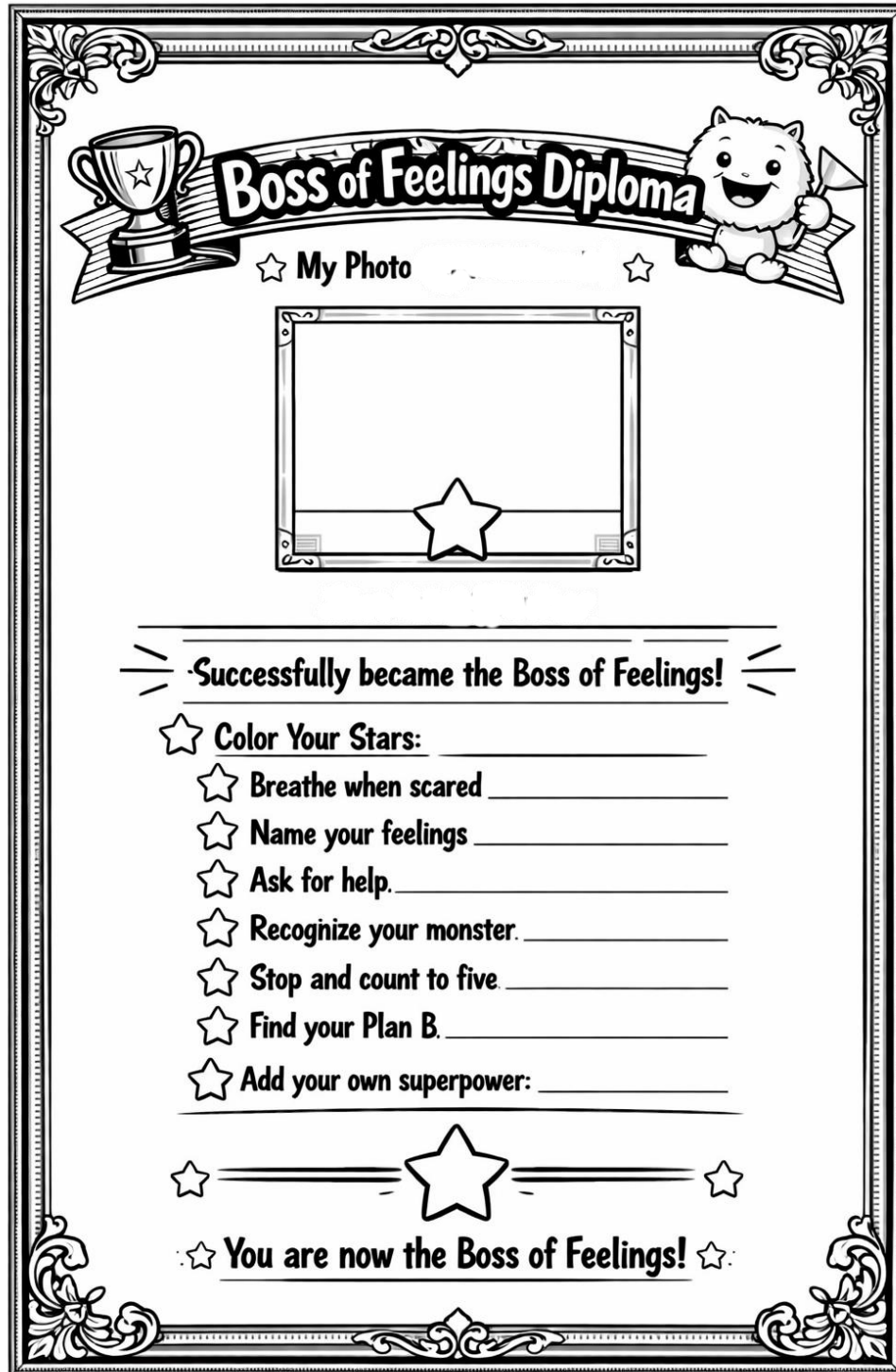


★ Add your own superpower: _____

I Am the Boss of my Feelings

"This certificate is your reward for all your hard work. Color it brightly, be proud of yourself, and hang it where everyone can see it!"

All the characters



Boss of Feelings Diploma

☆ My Photo ☆

—

Successfully became the Boss of Feelings!

☆ Color Your Stars: _____

- ☆ Breathe when scared _____
- ☆ Name your feelings _____
- ☆ Ask for help. _____
- ☆ Recognize your monster. _____
- ☆ Stop and count to five. _____
- ☆ Find your Plan B. _____
- ☆ Add your own superpower: _____

☆ ————— ☆

☆ You are now the Boss of Feelings! ☆

Supplement A. “A Cheat Sheet for Parents: 10 Phrases to Help Your Child Calm Down”

1. I'm here with you — it helps your child feel safe.
2. Let's take a breath together — teaches shared breathing.
3. It's okay to feel angry or sad — acknowledges emotions without judgment.
4. You're safe now — restores a sense of control.
5. Let's find your calm place — helps shift focus.
6. Your feelings are important — support self-worth.
7. We can solve this together — it builds confidence in finding a solution together.
8. Take your time, I'll wait — reduces pressure and urgency.
9. Let's count to five slowly — helps regulate breathing.
10. You did your best, and that's enough — wraps up the situation with support.

Use these phrases in a calm voice, with a gentle tone and eye contact.

Your child learns calmness not only through words, but also through your tone and breathing.

Supplement B. Certificate



Supplement C. A Glossary of Emotions — 20 Words to Describe Your Feelings



Glossary of Emotions

20 Words to Describe Your Feelings

1. Happy - Joyful and glad	11. Sad - Down and blue
2. Calm - Peaceful and relaxed	12. Angry - Upset and mad
3. Excited - Full of energy	13. Scared - Afraid or worried
4. Proud - Good about yourself	14. Lonely - Feeling left out
5. Loved - Cared for and accepted	15. Tired - Needing rest
6. Grateful - Thankful for things	16. Confused - Mixed up inside
7. Curious - Wanting to learn	17. Embarrassed - Shy or silly
8. Brave - Doing something scary	18. Frustrated - Stuck and upset
9. Hopeful - Believing in good things	19. Disappointed - Let down
10. Peaceful - Quiet and safe	20. Worried - Nervous something might happen

Use this glossary when talking with your child—help them choose words to describe their feelings, instead of just saying “bad” or “good.”

“And so our journey has come to an end. But your journey isn't over. You are no longer alone in the face of anger, fear, or disappointment. You have the tools. You have the understanding. And most importantly, you have YOURSELF.”