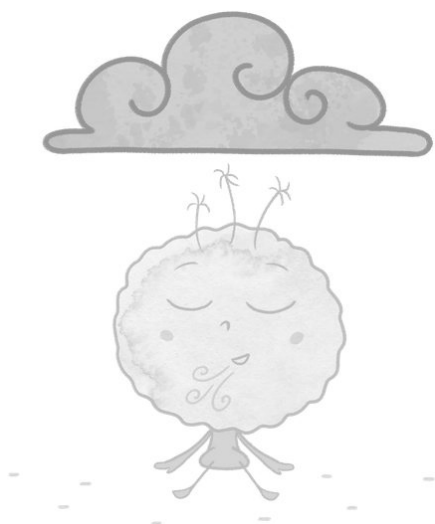


BREATHE

1



Rain-cloud breath

Breathe in slowly while you count to 4. Breathe out slowly while you count to 6, and picture your big cloud turning into gentle rain.

From the book: Each time he exhaled, Foo felt that somehow that big, dark cloud in his mind was becoming rain and releasing his sadness on the ground.

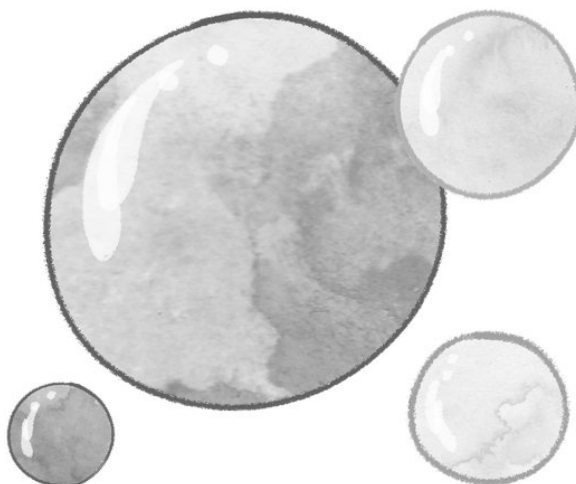
Foo's idea

madeofyou.com/calm

Cut on the dashed lines

BREATHE

2



Bubble breaths

Take a slow breath in. Then breathe out long and gentle, as if you are blowing one huge bubble. Real bubbles work too!

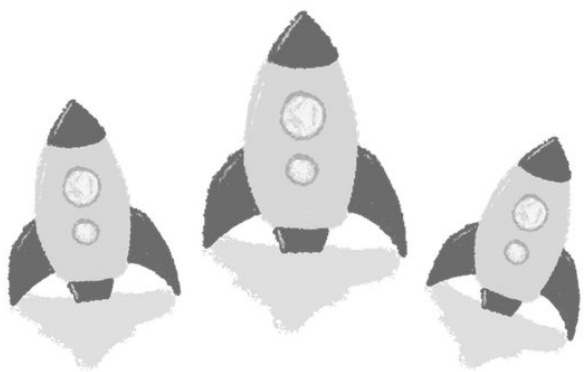
From the book: "This is what calms me down," said Bubbly!

Bubbly's idea

madeofyou.com/calm

BREATHE

3



Spaceship countdown

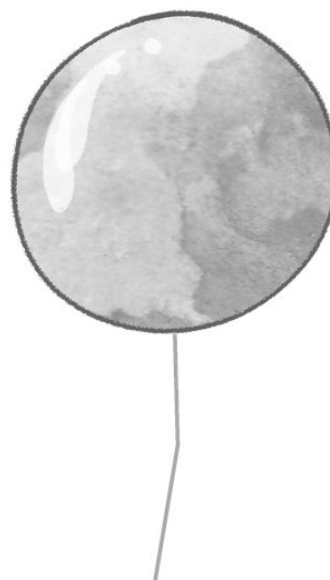
Close your eyes for a second. Imagine you're a spaceship. Count backwards from 10 to 1 and... fly! Open your eyes now and explore this new planet. Remember to take deep breaths and when you calm down, you can return to Earth.

From the book's activity pages

madeofyou.com/calm

BREATHE

4



Balloon belly breath

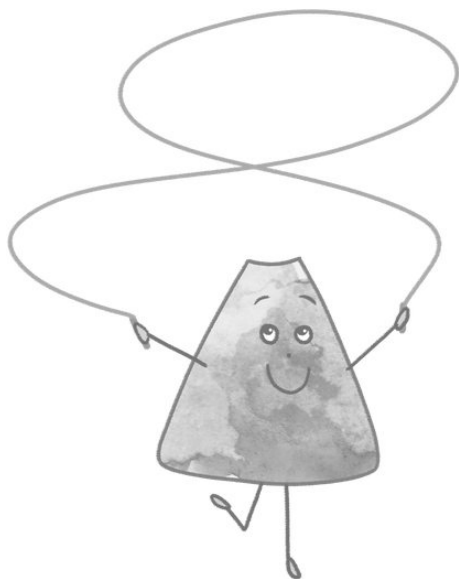
Put your hands on your tummy. Breathe in and feel it fill up like a balloon. Breathe out slowly and let the balloon go small.

A classic

madeofyou.com/calm

MOVE

5



Jump it out, then slow down

Jump rope like Blue, or hop on the spot. Then slow down, slower, slower, until you stop and take one big breath.

From the book: This is what calms me down!

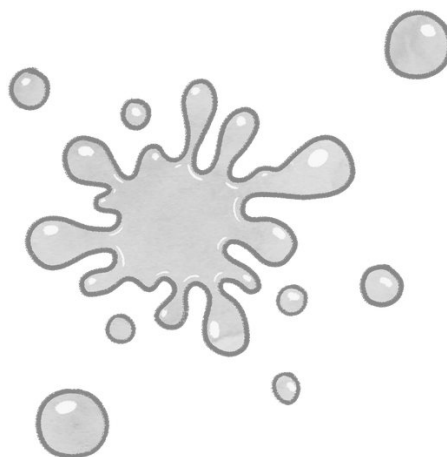
Blue's idea

madeofyou.com/calm

Cut on the dashed lines

SENSES

6



Squish and let go

Squeeze something soft as hard as you can while you count to 5. Then let go, and feel your hands go floppy.

From the book: Gooley burst the soap bubble with his new, green slime!

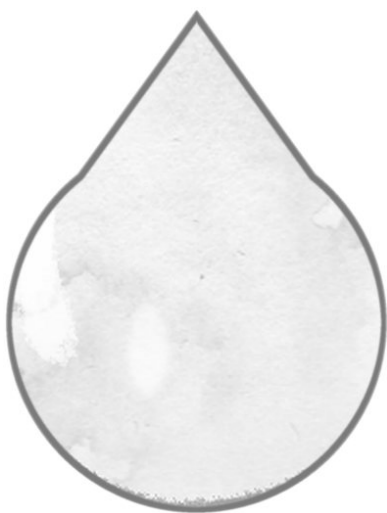
Playdough, clay or a soft stress ball are just right for squishing. We leave out homemade slime recipes on purpose.

Gooley's idea

madeofyou.com/calm

SENSES

7



Water

Drink water! Dip your hands in the water. Let the water run on your body, take a quick shower. Talk to the water!

Grown-ups: stay close by whenever there is water.

From the book's activity pages

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SENSES

8



The 3-3-3 noticing game

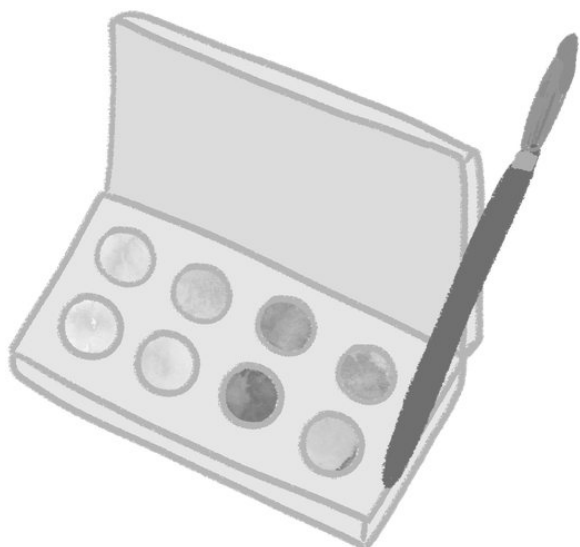
Look around and find 3 things you can see. Listen for 3 sounds. Then wiggle 3 parts of your body.

A classic

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CREATE

9



Paint it out

Paint or scribble how you feel, in any colors you like. Big feelings can make big pictures. Nobody has to see it.

From the book: Flo showed her hands that are always painted.

Flo's idea

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Cut on the dashed lines

CREATE

10



Air-painting

Air-painting! Imagine you're holding a brush. Air-paint everything you like!

From the book's activity pages

madeofyou.com/calm

LISTEN AND CUDDLE

11



Listen to music

Put on a song that feels calm to you. Listen all the way to the end, and let your breathing slow down with it.

From the book: While Muse was holding this little device, he always carries with him, to listen to music!

Muse's idea

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LISTEN AND CUDDLE

12



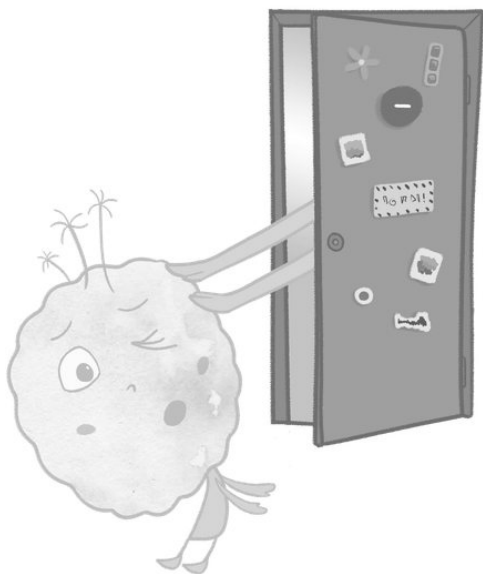
Cuddle a pet or a soft toy

Give your pet a gentle cuddle, or hug your softest toy. You can tell it how you feel.

From the book: After all, this always calms him down.

Foo's idea, with his dog

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Be with someone who makes you feel safe

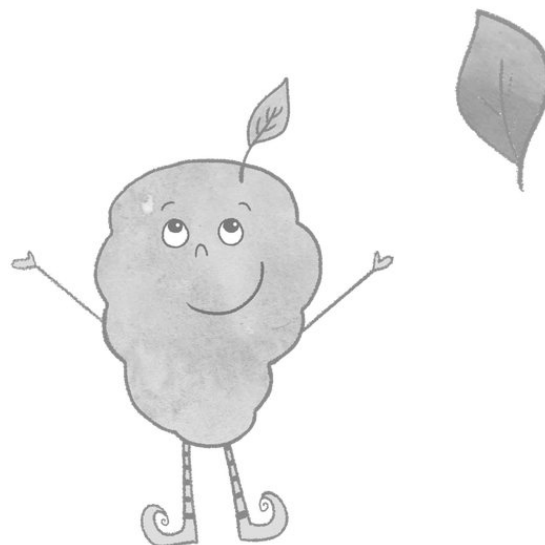
Sit close to someone who makes you feel safe.
You don't have to talk until you want to.

From the book: Being with her always makes him feel safe.

Foo's idea, with his sister

madeofyou.com/calm

Cut on the dashed lines



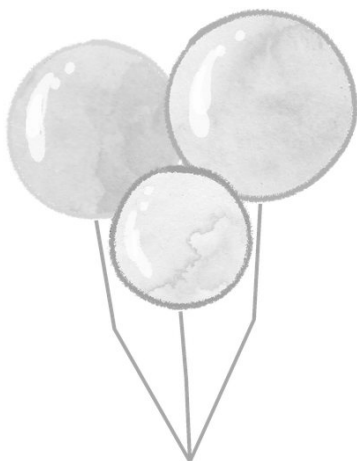
Follow one leaf down

Pick one leaf, real or pretend, and watch it float all the way down. Breathe out slowly while it falls.

From the book: He even brought his buddies with him, the leaves!!!

Fall's idea

madeofyou.com/calm



Let it go balloons

Take a marker and write on the balloons whatever is holding you back and you can't control it. Take a deep breath and let it go!

Grown-ups: you blow up the balloons. Broken balloon pieces go straight in the trash, because children under 8 can choke on them.

From the book's activity pages

madeofyou.com/calm



A calm tent

Make a cozy hideout with a blanket, pillows and your favorite toys. Go there whenever you need a quiet moment.

From the book: All his toys were there.

Foo's idea

madeofyou.com/calm

MY OWN IDEA

?

Draw it here

My own idea

Your idea

madeofyou.com/calm

MY OWN IDEA

?

Draw it here

My own idea

Your idea

madeofyou.com/calm

Cut on the dashed lines



My calm-down cards

"Everyone has a different way to calm down."
Which ways are yours?

From the picture book Foo's Big Emotions

These cards belong to _____

FOR GROWN-UPS

How to use the cards

Try them together when everyone is calm, so they are ready for a big moment. Calming down is a skill, and it grows with practice.

Let your child choose. A card is an offer, never a punishment.

Lay out three or four favorites, or keep them on a ring in your calm corner.

Stay close and name the feeling: "You look angry. I'm here."

For ages 3 to 8. Cut on the dashed lines.

More ideas

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