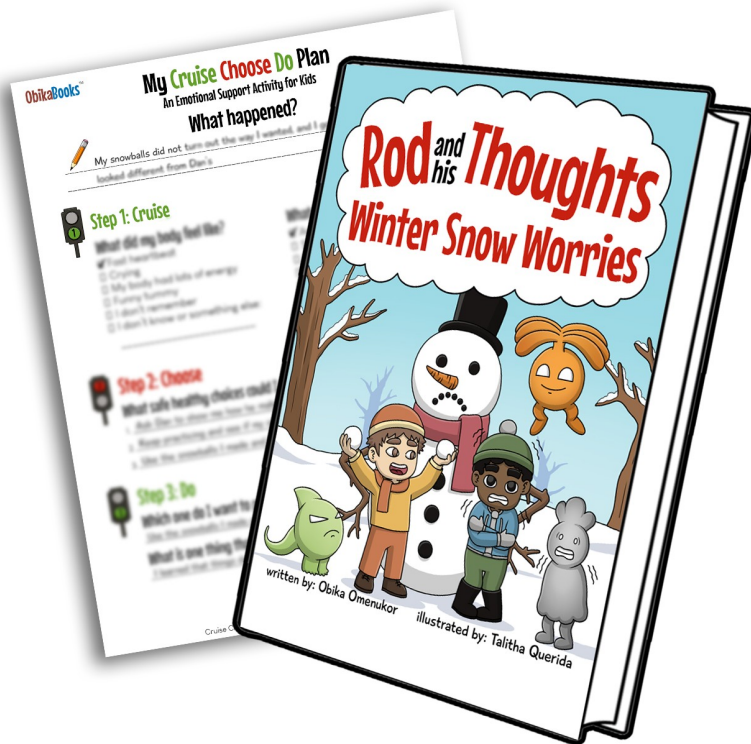


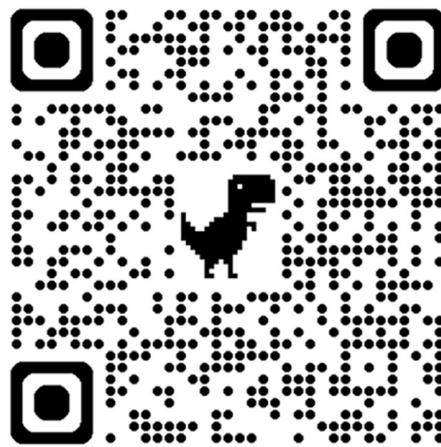
BIG EMOTIONS CALM KIT

Reflection Example+ Story Sneak Peek



Includes:

- A story scene from an Obikabooks picture book
(Rod and his Thoughts: Winter Snow Worries)
- A completed **Cruise Choose Do** reflection example from Rod



Explore social emotional support tools, activities, and children's stories at obikabooks.com



They went behind the tree and got to work. *Pat! Pat! Pat!*



“Finished!” Dan said. Dan’s snowballs were perfect! But Rod’s snowballs were all different shapes and sizes.



Pop! Argen, Rod's angry emotion, appeared. "Our snowballs are all wrong!" it said. "These won't protect us from ice monsters!"



Rod smashed his snowballs to bits. He was not having fun.



My Cruise Choose Do Plan

An Emotional Support Activity for Kids



What happened?

My snowballs did not turn out the way I wanted, and I got upset when they looked different from Dan's



Step 1: Cruise

What did my body feel like?

- ☒ Fast heartbeat
- ☐ Crying
- ☐ My body had lots of energy
- ☐ Funny tummy
- ☐ I don't remember
- ☐ I don't know or something else:

What emotion was driving?

- ☒ Angry/Mad/Frustrated
- ☐ Sad
- ☐ Worried/Nervous
- ☐ Excited
- ☐ I don't remember
- ☐ I don't know or something else:



Step 2: Choose

What safe healthy choices could I try next time this happens?

1. Ask Dan to show me how he makes his snowballs.
2. Keep practicing and see if my snowballs get better.
3. Use the snowballs I made and keep having fun with my friend.



Step 3: Do

Which one do I want to practice next time?

Use the snowballs I made and keep having fun with my friend.

What is one thing that I learned?

I learned that things do not have to be perfect to be fun.

