

THE BIG EMOTIONS CALM KIT

Helping Kids Ages 3–8 Handle Difficult Moments

Big emotions can feel overwhelming for kids. Sometimes children yell, cry, hit, shut down, or make choices they wish they could do differently later.

Cruise Choose Do™ helps children practice noticing what they feel in their body, taking a break to consider choices, and trying a healthier next step.

How It Works



Step 1: Cruise

Notice what is happening in your body.

Kids practice:

- Noticing body clues
- Identifying emotions
- Recognizing when feelings are showing up



Step 2: Choose

Take a moment and consider choices.

Kids practice:

- Taking a moment when emotions show up
- Thinking about safe, healthy choices
- Choosing what they want to try next



Step 3: Do

Try a healthy next step.

Kids learn:

- They can practice different responses
- They can try healthier choices with support
- They still have choices even when emotions feel big

Inside this Calm Kit you'll find:

- A reflection form for young readers/writers
- A picture version for pre-readers
- A completed example
- Parent tips for practicing together



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

My Cruise Choose Do Plan

An Emotional Support Activity for Kids

What happened?





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. _____
2. _____
3. _____



Step 3: Do

Which one do I want to practice next time?

What is one thing that I learned?



Example Cruise Choose Do Plan

(Example Only)

What happened?

I didn't like that tablet time was over so I threw the tablet



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. Say "Ok" and ask you when is the next time I can use the tablet.
2. Place the tablet in the box like you showed me.
3. Press the off button on the tablet and give it to you like you showed me



Step 3: Do

Which one do I want to practice next time?

Say "Ok" and ask you when is the next time I can use the tablet

What is one thing that I learned?

I learned that I can still feel mad and make a safe choice.



Cruise Choose Do Picture Version

A picture-based emotional support tool for pre-readers



Step 1: Cruise - How does my body feel?



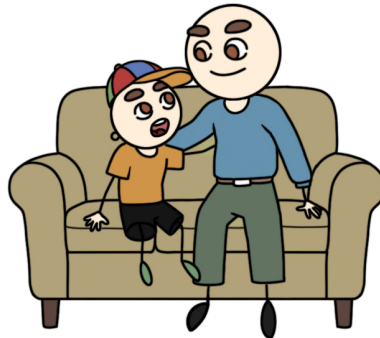
Point to how you feel



Step 2: Choose - What can I do?



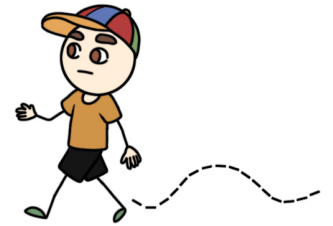
Go to calm spot



Ask for help



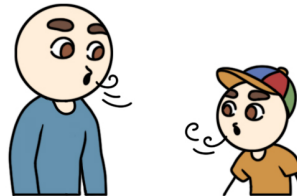
Drink water



Take a walk break



Draw or color



Take calm breaths



Point to one thing you can do



Step 3: Do - I can try!



Helpful Tips for Parents:

1. Practice During Calm Moments

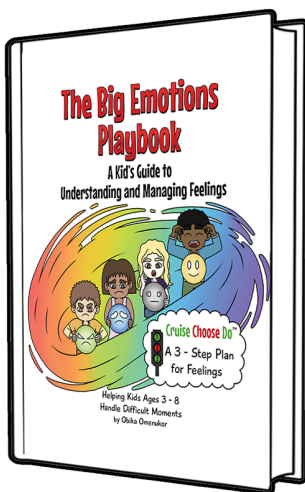
Cruise Choose Do works best when healthy choices are practiced before big emotions happen. Try role-playing plans together during calm moments.

2. Guide Healthy Choices

Help guide the emotional language, actions, and choices you want your child to practice within your household rules and situation.

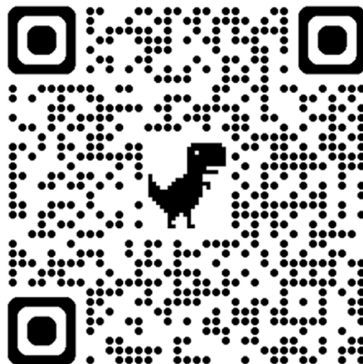
3. Encourage Healthy Efforts

Notice and connect with the moments when your child tries, learns, asks for help, takes a moment, or practices healthy choices.



Made to share

The Big Emotions Playbook teaches kids how to handle difficult moments with the 3-step **Cruise Choose Do** plan.



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

*This resource is not a substitute for professional advice

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