



When I Feel Crazy

Help children handle big emotions with this class-made book!

Read Shubert is a S.T.A.R. and Shubert Rants and Raves in advance of creating your book. Utilize the I Am Upset Smock to help drive a discussion about how we can lose ourselves in strong feelings, and how we can regain composure through deep breathing and active calming.

Practice the S.T.A.R., Drain, Balloon, and Pretzel active calming techniques. Lead a discussion about other ways children can regain their calm after an upset. Record children's answers on chart paper, encouraging diversity in their responses. Some children may find reading or drawing calming, while others may need to do something more active like jumping in place to help burn off the excess energy created by anger.

Once you've thoroughly explored ways to calm down, print an activity page for each child. Instruct children to write about times when they feel Bug Crazy, and then write about helpful ways for them to calm down. Complete your own activity page and share it with the class as an example. Print out the cover page and bind the completed activity pages into a class-made book. Encourage children to read the book in the Safe Place and send the book home for children to share with their families.

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When do **YOU** feel bug crazy?

I feel bug crazy when:

Next time this happens I am going to:
