

The Day Giggly Was Angry

A story about big feelings and calm choices. ♥

1 It was a sunny day, but Giggly woke up feeling grumpy.

2 Little things made Giggly feel even madder. His block tower fell down!

3 He stomped, crossed his arms, and shouted, "I don't want to play!"

4 Giggly's friend waddled over and said, "It's okay to feel angry. Let's take a deep breath together."

5 Giggly closed his eyes and took 3 big, slow breaths. In... 2... 3... Out... 2... 3...

6 His body felt calmer. His heart felt lighter. The angry feeling got smaller.

7 Giggly said, "I can choose calm. I can choose kind." And I can try again.

He talked, played, and shared. The rest of the day was full of giggles!

Giggly's Calm Down Plan

1. Take a Deep Breath



Breathe in slowly...
Breathe out gently...

2. Feel Your Feet



Press your feet down.
Feel steady and strong.

3. Use Calm Words



I can say, "I feel angry, but I can stay calm."

4. Choose Kindness



Be kind to myself and others.
We all have big feelings.

