

Think and write

Activity 1 of 3

Rivky and the Big Wave

Ages 9-12 | Do it on your own or with a grownup. You can leave anything blank.

1 Where in your body do you first feel a big feeling coming?

2 Write two ways you can help your body slow down.

3 Write one thing you could say when you are calm again to make it right.

Your answers are yours. Share them only if you want to.

Grownup conversation guide

Activity 2 of 3

Rivky and the Big Wave

Read the story together first. Take turns. Listen more than you advise.

- 1 What clues showed Rivky the wave was coming?
- 2 What did Rivky do that was hard but helpful?
- 3 Share a time you needed to step away. Who might need to hear that from you?
- 4 What could we agree on as a calm signal at home?
- 5 How would you like us to respond when you are in the middle of a big feeling?

Tip: let your child pass on any question. Praise the effort of noticing, not a perfect answer. If worry, anger or sadness stays strong for weeks or gets in the way of daily life, talk with your child's doctor, school or a trusted professional.

Rivky and the Big Wave

Cut out the card, or copy it onto an index card, and keep it where you will see it.

Rivky's Calm Plan

1. Notice the wave early. Hot face, tight fists and fast breath are clues that a big feeling is rising.
2. Step away first. Leave the room, without slamming or saying more, before the words come out.
3. Help your body. Cold water on your wrists, or breathing in for four and out for six, can make the wave smaller.
4. Come back and repair. When you are calm, say what you felt, say what you will do differently, and help fix what you can.

Feelings can be big. You still choose what to do with them.

Draw a time you could use this tool: