



Activity 1 of 9

Remember the story

1. What is tangled on Friday morning?

2. What does Moishy do with his shoe when he gets upset?

3. What does Moishy do to help his body calm down?

4. How does Moishy fix the knot?



Activity 2 of 9

Fact or guess? (circle one)

1. Moishy throws his shoe across the hall. Fact / Guess
2. The bus comes in eight minutes. Fact / Guess
3. Moishy is probably scared of the bus driver. Fact / Guess
4. Moishy uses the same idea later on his math sheet. Fact / Guess



Activity 3 of 9

Think and write

1. What does your body feel like when you get frustrated?

2. Think of something that felt too big. What is one small piece you could do first?

3. Why do you think Mommy sat down next to Moishy instead of fixing the shoe?



Activity 4 of 9

Word search (find all 6)

Words: SHOELACE, BREATHE, KNOT, BUS, TANGLE, MOMMY

E	G	J	J	T	T	M	O	M	M	Y
H	P	R	M	T	A	B	P	H	M	N
T	W	F	L	S	N	Y	W	L	C	O
A	W	R	D	F	G	R	E	M	L	P
E	A	P	B	J	L	Y	C	U	T	T
R	K	M	V	F	E	F	A	R	H	A
B	G	N	S	S	H	M	L	R	L	T
L	O	I	O	W	S	U	E	A	M	R
E	R	S	G	T	N	B	O	S	P	L
T	S	G	R	N	P	L	H	U	N	L
A	S	S	U	U	K	O	S	B	U	A



Activity 5 of 9

Scrambled words (from the story)

1. EOHS = _____

2. RBEHETA = _____

3. KONT = _____

4. ISRTSA = _____

5. USB = _____



Activity 6 of 9

Say it out loud

Practice each line in a calm, steady voice:

"I'm stuck. I can stop and breathe."

"I will try one small piece."

"Can you help me look at this with fresh eyes?"



Activity 7 of 9

My chart

My Stuck Chart

Day / moment	What felt stuck	What my body felt	One small piece I tried
Monday			
Tuesday			
Wednesday			



Activity 8 of 9

Draw it

Draw Moishy's knot turning into a smooth lace, one little piece at a time.

A large, empty rectangular box with a thin black border, intended for the student to draw Moishy's knot turning into a smooth lace.



Activity 9 of 9

Answers

Remember the story:

1. His shoelace
2. He throws it across the hall
3. He breathes in for four and out slowly
4. He works on one small tangle at a time

Fact or guess: 1 Fact; 2 Fact; 3 Guess; 4 Fact

Scrambled words: SHOE, BREATHE, KNOT, STAIRS, BUS

Think and write: answers will vary; talk them over together.