

1. ANGER OR CALM?



Let's help
Milo make
calm choices!

Look at the pictures below.
Cut them out and glue them in the correct box.
Which choices help Milo feel better when he is angry?



It's okay to feel
angry. It's not okay
to stay angry.



ANGER MAKES IT WORSE

These choices do **NOT** help.



CALM MAKES IT BETTER

These choices **DO** help.



Hit or kick



Take deep breaths



Yell and scream



Hug a teddy



Color or draw



Stomp and shout



Count to 10



Take a walk



Ask for help



Read a book



Talk Together Which calm choice will **YOU** try when you feel angry?
Circle one and practice it today!



2. WHAT CAN MILO DO?



It's okay
to feel angry.
It's what you do
next that
matters!

When Milo feels angry, he can make calm and kind choices.

Look at each picture.

Circle the best choice that will help Milo feel better.

Calm choices
help our hearts
feel happy again.

I feel...



Angry



Sad



Worried



Happy



Excited

1

Milo's friend took his toy
without asking.



Hit or push



Use kind words
and ask for it back

2

Milo lost the game
and feels angry.



Throw the
pieces



Take deep
breaths

3

Milo's little sister broke
his block tower.



Yell at
her



Take a break
and calm down

4

Milo is feeling angry
before bedtime.



Keep playing
a game



Read a book
and relax

5

Milo feels angry
at school.



Stay angry
and ignore



Ask for help
from a teacher

6

Milo feels angry
when he has to wait.



Complain and
get upset



Be patient and
take deep breaths



Talk Together Everyone feels angry sometimes.
What calm choice will YOU try next time you feel angry?



3. MY CALM-DOWN PLAN



Big feelings
are okay.
Calm choices
help us feel
better!

When I feel angry, I can take a break and use my calm-down plan.
Help Milo get to his calm place.
Then draw or write your own calm-down steps!

★ You can do it,
Milo! You can do it,
YOU!

A. HELP MILO FIND HIS CALM PLACE

Draw a line to help Milo get to his calm place.



B. MY CALM-DOWN PLAN

Draw or write the things that help YOU calm down when you feel angry.

1.



2.



3.

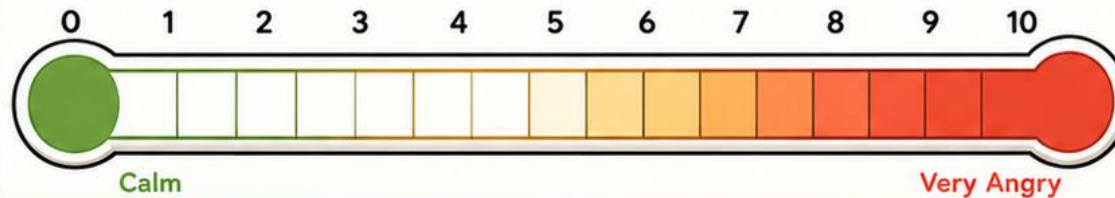


4.



C. HOW BIG IS MY ANGER?

Color the thermometer to
show how big your anger
feels right now.
(0 = calm, 10 = very angry)



Talk Together Everyone has a plan that can help.
What will you try next time you feel angry?



4. CALM TO THE RESCUE!



I can stop,
take a breath,
and choose
calm!

When Milo feels angry, his body feels hot and tense.
Calming down helps him feel in control again.
Let's practice some calming skills!

Calm is my
superpower!

A. BALLOON BREATHING



Balloon breathing helps calm our body and mind.
Follow the steps below.

1 Sit nicely and
relax.



2 Breathe in
slowly...



3 Blow out
slowly...



4 Feel your
anger float
away!



Do this 3 times. Practice anytime you feel angry!

B. ANGER TRIGGERS



Sometimes certain things can make us feel angry.
Draw or write 3 things that make YOU feel angry.

1

2

3



When these things happen, what can you do?
Write or draw one calm choice you can try.

C. COLOR YOUR CALM



Color the calm tools that can help when you feel angry.
Which one will you try first?



Take deep
breaths



Count to
10



Read a
book



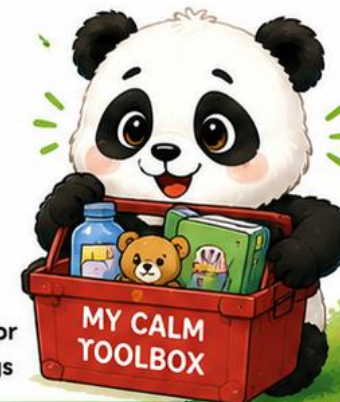
Listen to
calming music



Hug a
teddy



Draw or color
your feelings



Talk Together What helps you calm down the best?
Practice your calm plan and help each other!



10. I DID IT! WAY TO GO!

I am learning to handle my anger one calm choice at a time!

Milo knows that it's okay to feel angry. What matters is how we handle it with calm and kind choices.



A. HOW DO I FEEL NOW?

Color the face that shows how you are feeling right now.



B. DRAW SOMETHING THAT MAKES YOU FEEL CALM.

Draw your favorite calm place or activity.



C. MY ANGER PROMISE

I can make kind and calm choices. Check the promises you will make.

- ☐ I will take deep breaths.
- ☐ I will use kind words.
- ☐ I will take a break when I need to.
- ☐ I will ask for help.
- ☐ I will be patient and try again.
- ☐ I will choose calm, not anger.

D. THANK YOU, MILO!

What did you learn from Milo today? Write or draw your favorite part of the story.



OFFICIAL CALM HERO!

Congratulations!

You learned how to handle anger like a true Calm Hero!

Date: _____ Signed: _____ (Milo)



PARENTS:

Great job! You and your child are practicing skills that build a happy, healthy heart.



Keep practicing. You're doing amazing!

Little conversations today, stronger hearts tomorrow.



CONVERSATION STARTERS

TALK. LISTEN. CONNECT.

Use these questions to help your child open up about their feelings. There are no right or wrong answers—just **love** and **understanding**.

It's okay to talk about big feelings. You are not alone.



1. What made you feel happy today?



2. Was there anything that made you feel angry or frustrated?



3. What was the best part of your day?



4. Is there something that made you feel worried or scared?



5. What can I do to help you when you feel that way?



6. What helps you feel calm and better again?



TIPS FOR PARENTS & CAREGIVERS



Listen with your heart.



Stay calm and patient.



Validate their feelings.



Encourage and support them.



You don't need the perfect words, just a loving heart.



Every conversation builds trust, connection, and confidence.

When we talk about feelings, we grow stronger together.

CONVERSATION STARTERS

Help Your Child Share. Help Their Heart Heal.

Big feelings can be hard to explain.

These questions help open the door to **understanding**, **connection**, and **calm**.

There are no right or wrong answers—just honest hearts.

1 What made you feel happy today?



2 Was there anything that made you feel angry or frustrated?



3 What made you feel sad or disappointed?



4 Is there something that worries you or scares you?



5 What can I do to help you when you feel that way?



6 What helps you feel calm and better again?



7 What was the best part of your day?



8 Is there anything on your mind that you want to talk about?



TIPS FOR PARENTS & CAREGIVERS



Listen with your full attention.



Let your child speak without interrupting.



Validate their feelings: "I see how you feel."



Keep your tone calm, kind, and supportive.



Thank them for sharing. It builds trust and closeness.

Little talks today, stronger hearts tomorrow.