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A Little Monster's

GUIDE TO FEELING CALM



Emily Snape

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Note to parents and carers

This book will help your child to:

- Ease anxiety.
- Recognize their emotions and identify why they are feeling them.
- Learn how to self-regulate and behave constructively in difficult situations.
- Problem-solve for themselves.

The approaches explored in this book can become powerful tools that will encourage your child to manage their feelings and discover inner calm.

Hi!

I'm Cal. It's really grrrreat to meet you.

I'm a LITTLE monster with BIG feelings. Sometimes I get SO cross that I lose my cool and throw a tantrum.



Me in the middle of a tantrum



I've been learning that ALL emotions are important but having tantrums isn't okay. I'm working on ways to manage my feelings and feel calm even when things aren't going my way.

Finding inner calm might seem impossible, especially when your feelings are overwhelming you.

But there are LOTS of ways you can take control of your emotions.

Yesterday, I discovered I could find inner calm and it made me feel so GOOD. I'd love to tell you all about it.



I was SO excited about going to my friend Noodle's birthday party...

Party invitation

Noodle's house, 3 p.m. Saturday

Rock cakes
made with real rocks





Pin the eyeball on the cyclops

Petting zoo with poisonous snakes



Slug smoothies

Vampire disco