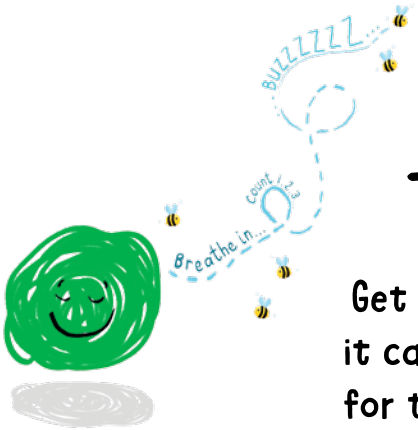
All About Calm Scribble

Untangling big emotions – one scribble at a time



The Scribbles Crew

Channon Gray



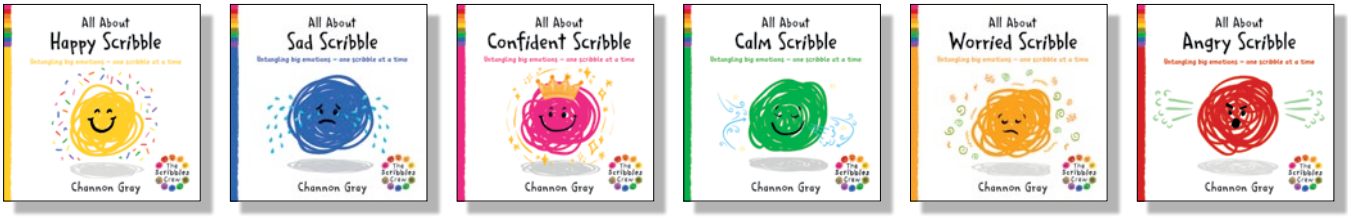
Come and join the Scribbles Crew!



Get to know Calm Scribble – find out how it can make you feel and discover top tips for the times you need a moment of calm!

The Scribbles Crew supports children's emotional literacy by helping them identify, understand and talk about their big feelings. Each book is packed with simple, practical steps and activities to build self-awareness, empathy and resilience, and develop self-regulation and social-emotional skills.

Collect all of the Scribbles Crew books!



The Scribbles Crew

The Exciting Teacher

Scan the QR code for more great Scribbles Crew activities, sing-along songs and teaching resources specially created by The Exciting Teacher.

www.thescribblescrew.com

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ISBN 978-1-78270-692-2

9 781782 706922

£6.99

I feel...


happy


calm


sad


angry


worried


confident


scared


surprised


disgusted


unsure


excited


embarrassed


panicked


focused


disappointed


silly


friendly


jealous


bored


muddled


tired


unwell


hungry


hot or cold

How do I say
“I feel calm” in Makaton?

I feel



Take one hand with your thumb pointing upwards and your middle finger pointing to your chest. Bring your hand upwards and say, “I feel”.

calm.



With a calm look on your face, hold your hands flat with palms facing down, make a circular movement and say, “calm”.

ISBN 978-1-78270-692-2

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First published 2026

Published by Award Publications limited
The Old Riding School, Welbeck, Worksop, S80 3LR

awardpublications @award.books
www.awardpublications.co.uk

25-12206 1

Printed in China

All About Calm Scribble

Written and illustrated by
Channon Gray



award



Calm is a quiet emotional refill.

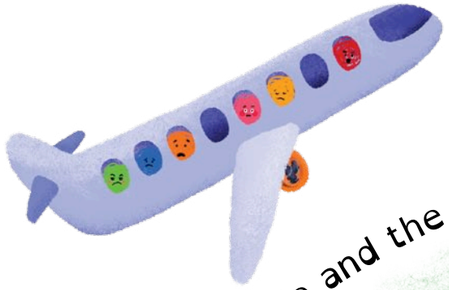
Ahhhhhhhhhh!

Shh! I am
Calm Scribble.

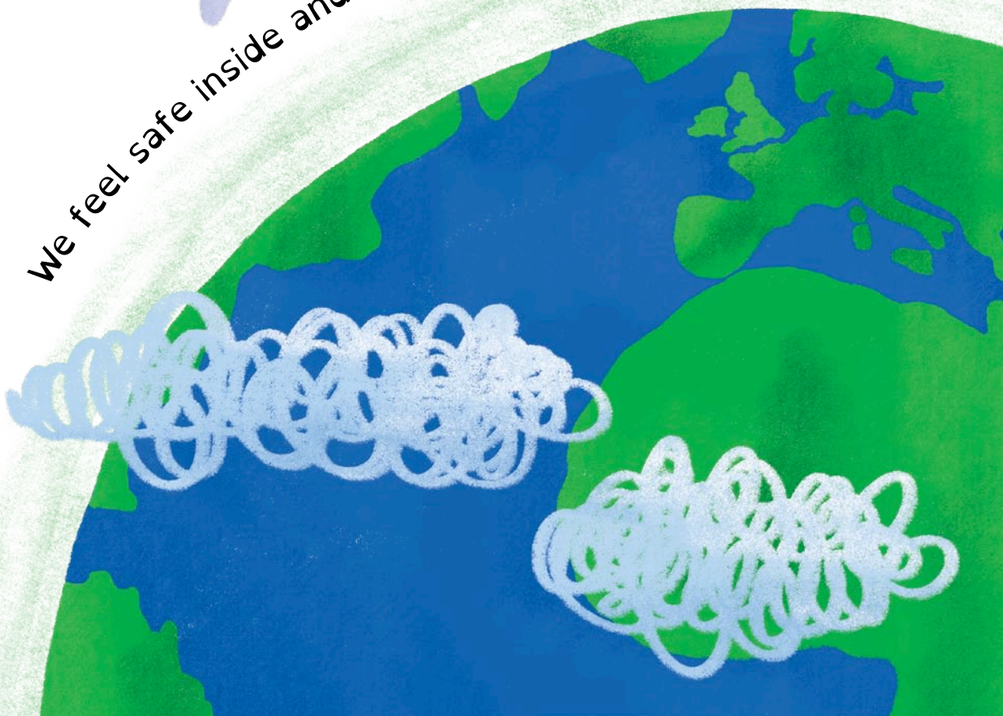


It's a
feeling that
is comfortable,
cool and chill.

When we are calm, our BIG feelings take flight.

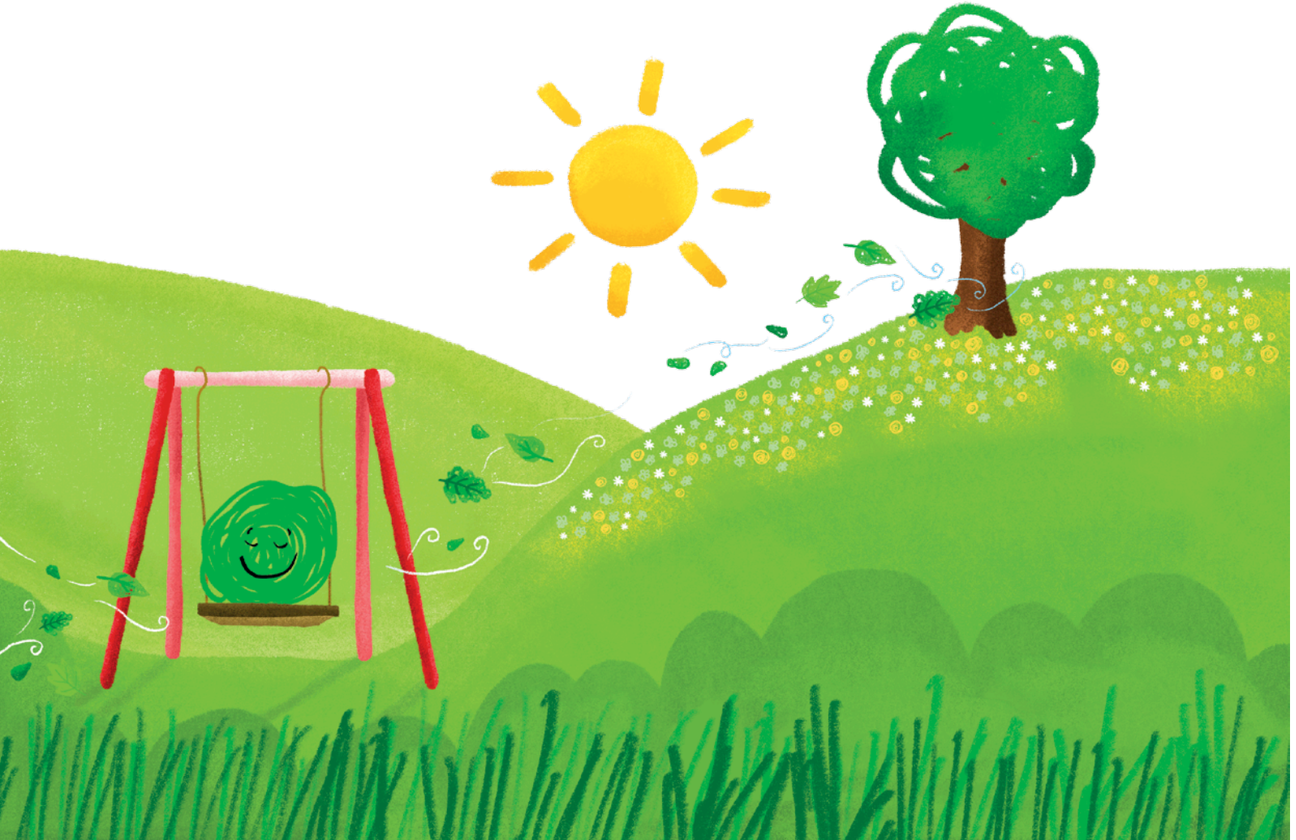


We feel safe inside and the world feels light.



Calm feels like a gentle breeze

on a warm spring morning.

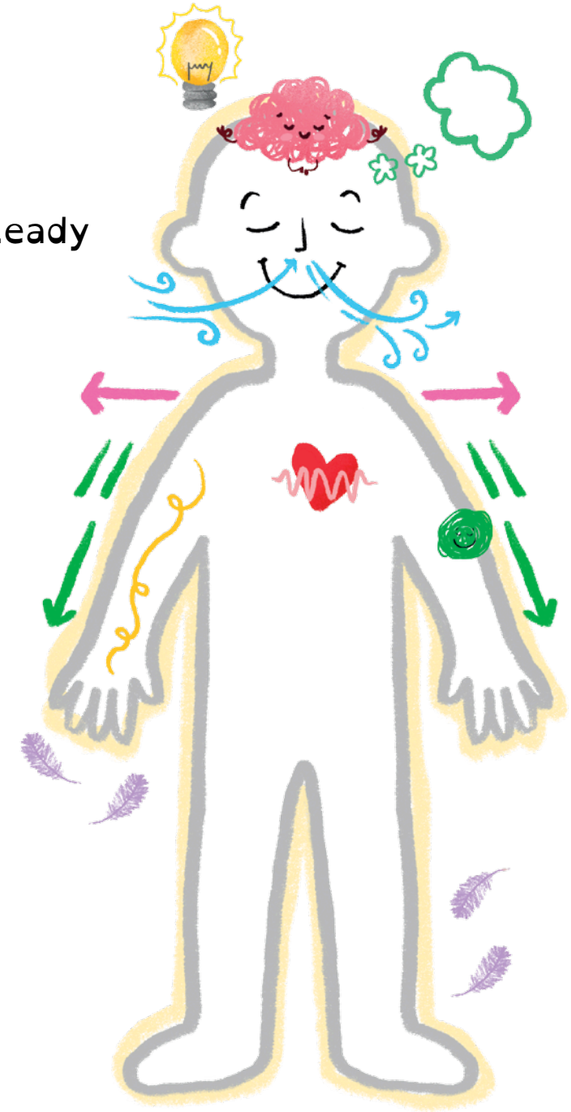


Your brain feels clear,

your heart beat is steady

and your muscles

start relaxing.



What can you spot?
I am Spot-It Scribble.



Hmm! I am
Focused Scribble.



Being calm feels
and looks different
for everyone.

It can help you want to learn new things...

Yo! I am
Friendly Scribble.



Whee! I am
Silly Scribble.

...and get along with your friends.



Or manage emotions as they bubble up,
so you can have more fun.

Feeling calm gives our

bodies

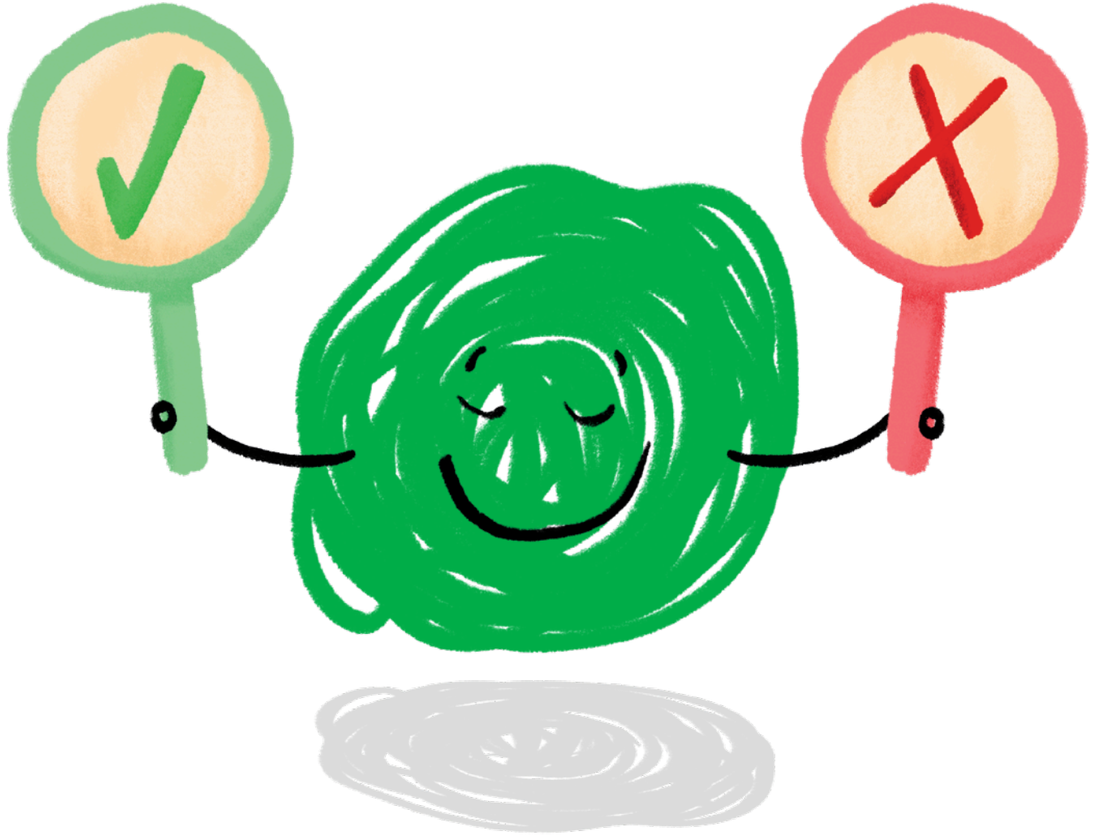
and brains





time to rest
and recharge.

It makes it easier to think, solve problems and make decisions that normally might feel quite hard.



When we feel calm, we can manage
BIG feelings better and feel more in control...

I can choose my actions!
I am In-Control Scribble.

...even when things get tough
and look like they are about to unroll.

