

When Big Feelings Come

Here's how to gently bring the same words, prayers, and body practices covered in the **Collection One** stories into the moments that count.



Dominic the Dragon and the Block Tower



COOLING EXPLOSIVE ANGER

When to use this: Right when you see your child's body heating up: fists clenching, face flushed, voice sharpening. Mid-tantrum. After a sibling conflict that's about to explode. Anytime "the fire" is rising.

What's happening with your kiddo: Big anger lives in the body before it comes out as words or actions. They feel hot, tight, ready to burst. They're not choosing to be explosive; their nervous system is in overdrive and hasn't yet learned how to cool down. The fire wants out.

REINFORCE THE STORY SKILLS

- ◆ Anger is okay. Hurting people or things with anger is not.
- ◆ You can feel the fire & learn to cool it before it comes out.
- ◆ Jesus is with you, even when you feel hot inside.

TRY TOGETHER

CATCHPHRASES TO REPEAT: "Smell the cool air. Blow out the fire." "Jesus, I trust in you."

BODY PRACTICE: Smell the cool air (deep breath in) → blow out the fire (long breath out) → repeat → soft hands

Benedict the Bear and the Very Frustrating Task



FRUSTRATION WHEN SOMETHING IS HARD

When to use this: When your child is melting down over a puzzle, a zipper, a drawing that "isn't right," or any task that won't cooperate. When they're about to throw the thing or quit entirely.

What's happening with your kiddo: Their brain wanted the task to go one way but reality went another and the gap feels unbearable. Frustration is a physical experience: tight jaw, hot ears, gripping hands; a young child doesn't yet have the tools to push through. Quitting or exploding feels like the only option.

REINFORCE THE STORY SKILLS

- ◆ Hard things really are hard. Your feelings make sense.
- ◆ You can take a breath, ask for help, and try again
- ◆ St. Joseph worked hard at his job too. He'll help you.

TRY TOGETHER

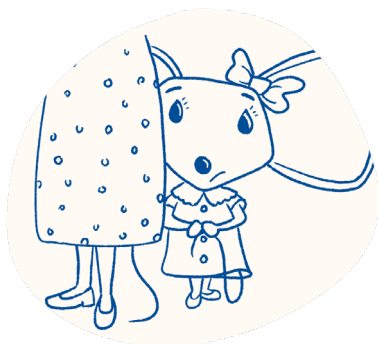
CATCHPHRASES TO REPEAT: "St. Joseph, help me be a good worker."

BODY PRACTICE: Notice the hot, tight feeling → slow breath → soft hands → ask for help or try one more time

The best time to teach a skill is **before** the meltdown. the best time to practice it is **during** one.

Marie the Mouse

is Scared Without Mom



FEAR OF BEING LEFT WITHOUT MOM

When to use this: Drop-off at preschool, CCD, Atrium, or anywhere new. When your child clings, cries, or freezes at separation. The morning of a hard goodbye.

What's happening with your kiddo: Separation feels physically unsafe to a young child, even when their mind knows you'll come back. Their body responds with real fear: tight chest, fluttery tummy, grasping hands. This isn't manipulation or drama. It's a small nervous system asking for reassurance it hasn't yet built into itself.

REINFORCE THE STORY SKILLS

- ◆ It's okay to feel scared when Mom leaves
- ◆ Jesus stays with you, even when Mom is somewhere else
- ◆ You are safe, and Mom always comes back

TRY TOGETHER

CATCHPHRASES TO REPEAT: "Jesus is with me."

BODY PRACTICE: Hold something soft (lovey, blanket) → rub the inside of your wrist slowly → slow breath → whisper "Jesus is with me"

Cecilia the Chickadee

Can't Stop Chirping



TALKING OVER FRIENDS

When to use this: When your child interrupts conversations, talks over siblings, or can't seem to stop chattering long enough to let someone else speak. In the car. At dinner. During playdates.

What's happening with your kiddo: Their brain is full of bright, exciting thoughts and the impulse control to hold a thought hasn't fully developed yet. Their joy and enthusiasm are real and good, they just spill over before there's room for anyone else's words. This isn't rudeness, it's an undeveloped skill.

REINFORCE THE STORY SKILLS

- ◆ Your excitement is a gift
- ◆ Listening makes room for the people you love
- ◆ Pausing isn't punishment, it's how friendship grows

TRY TOGETHER

CATCHPHRASES TO REPEAT: "Pause and listen."

BODY PRACTICE: Hands together in your lap → close your beak → slow breath → look at the person talking → wait until they finish