



# BOOK COMPANION



Helping Your Child Cope With Big Emotions



## Meet your brain's cranium critters



**Scout the Safety Pup (Amygdala):** Scout keeps watch and barks when there's danger—but sometimes overreacts!



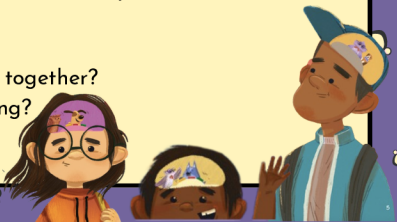
**Einstein the Wise Owl (Prefrontal Cortex):** Einstein helps your child make smart choices and solve problems—but only when Scout is calm!

## Big Emotions & Big Reactions

When Scout's emotions grow too big, her barking makes it hard to hear Einstein's helpful hoots. Calming Scout allows Einstein to take charge and think clearly!

## Read Aloud and Video

1. Scan QR Code and watch the 7 min. video on Introducing the Cranium Critters
2. Read aloud *Cranium Critters: Paws at the Pause Place* and ask questions to build brain awareness. For example,
  - Why do you think Scout gets upset sometimes?
  - Why is it important for Scout and Einstein to work together?
  - What causes the Scout in your brain to start barking?
  - What tools should we put in our Pause Place?



# SIMPLE PAUSE PLACE SET-UP

Practice using tools together when emotions are calm so your child knows how to use them when they feel big.



## Tools for Calming Scout

Try these simple tools with your child:

- Pinwheel for breathing exercises
- Mind jar to calm swirling emotions
- Stress ball to squeeze away tension
- Cozy pillows, stuffed critters, or blanket for a safe feeling
- Crayons/markers for mindful coloring