



Something Wild



Book

Read: Something Wild

Author: Molly Ruttan



Activity

Tame the Wild Feeling

Materials:

- Paper
- Crayons or markers

Ask children to draw their own “wild feeling creature” and talk about when big feelings like anger, frustration, or feeling overwhelmed might show up.



Caregiver Tips

Practice three calming strategies: deep breathing, counting to four, and quiet time. Have children draw their creature after it has calmed down. Explain that feelings are like weather—they come and go. Even big, wild feelings won't last forever, and we can learn ways to help them pass.

Video

[Feelings Come and Go - Sesame Street](#)



Game

*Download the **PBS KIDS Games App** to play

Extended

[How To Make A Calm Down Glitter Jar](#)

Check out this step-by-step guide on how to make this glitter jar (or bottle) you can keep on hand to help your child relax and calm down the next time things become overwhelming.