

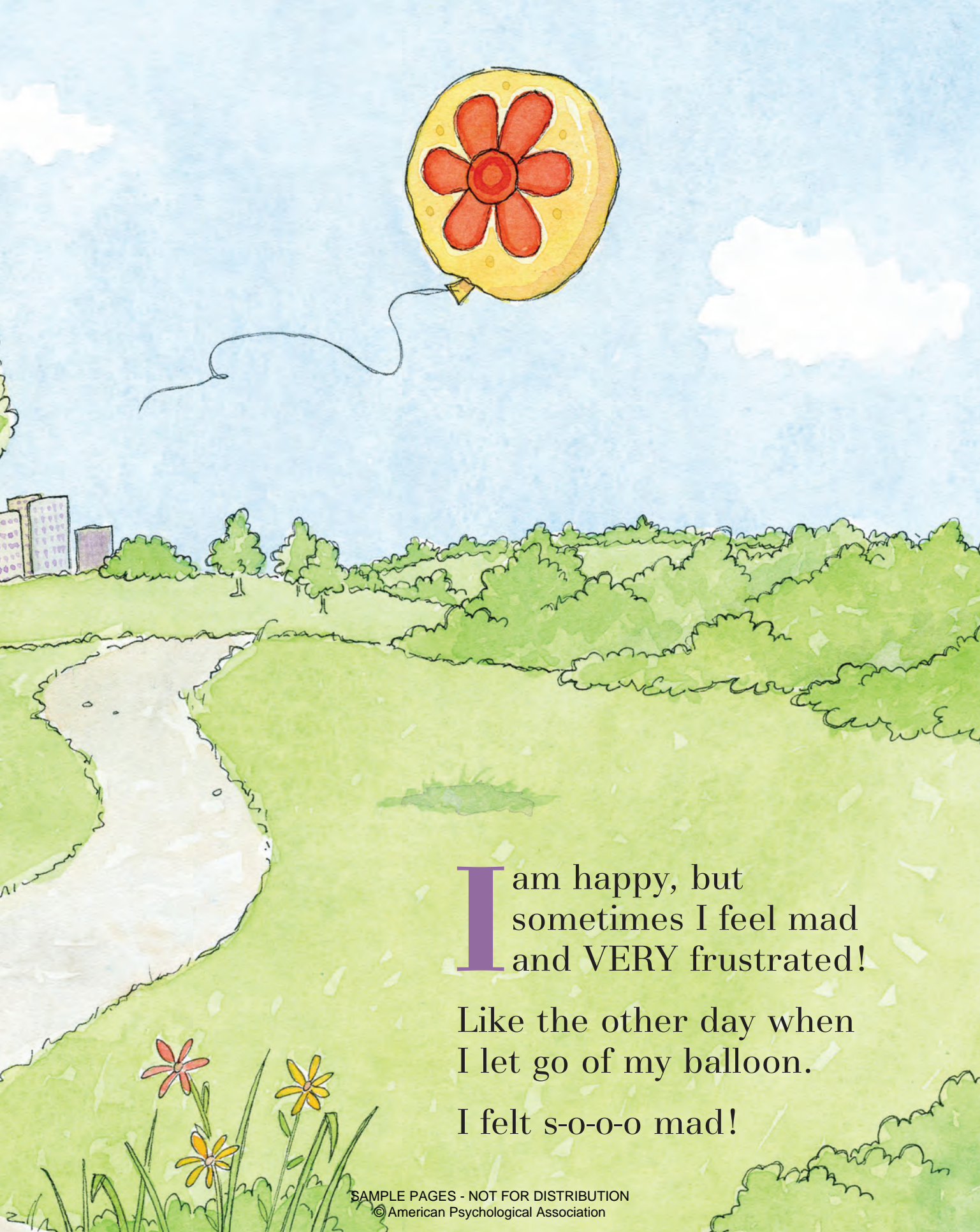
1-2-3

A Calmer Me

**Helping Children Cope
When Emotions
Get Out of Control**



**by Colleen A. Patterson and Brenda S. Miles
illustrated by Claire Keay**



I am happy, but
sometimes I feel mad
and VERY frustrated!

Like the other day when
I let go of my balloon.

I felt s-o-o-o mad!



My friend told me it's okay to feel mad,
but there's something I can do to feel better.

I can stop and say a rhyme that has some actions.
Let's try the rhyme together!

1-2-3 a calmer me

1-2-3 I hug me

*Give yourself
a BIG hug,
nice and tight!*





1-2-3 relax and b-r-e-a-t-h-e

Take a BIG breath in and let it out s-l-o-w-l-y...



1-2-3 a calmer me

*Pretend your arms are jelly and
let your hug s-l-i-d-e away.*



I'm glad my friend showed me
what to do! When I stopped
and said the rhyme it slowed
my body down and helped me
get rid of my mad feelings.



Emotions
Ages 4–8

**It's okay to feel mad.
This is what I do to help me feel better.
I stop and say a rhyme.
Let's try it together.**

1-2-3 A Calmer Me introduces children to a simple rhyme they can use to slow down their bodies and stop mad feelings from spinning out of control.

Includes a **“Note to Parents, Teachers, and Other Grown-Ups”** with more information about the steps of the “1-2-3” rhyme, and advice for working through the steps with your child.

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