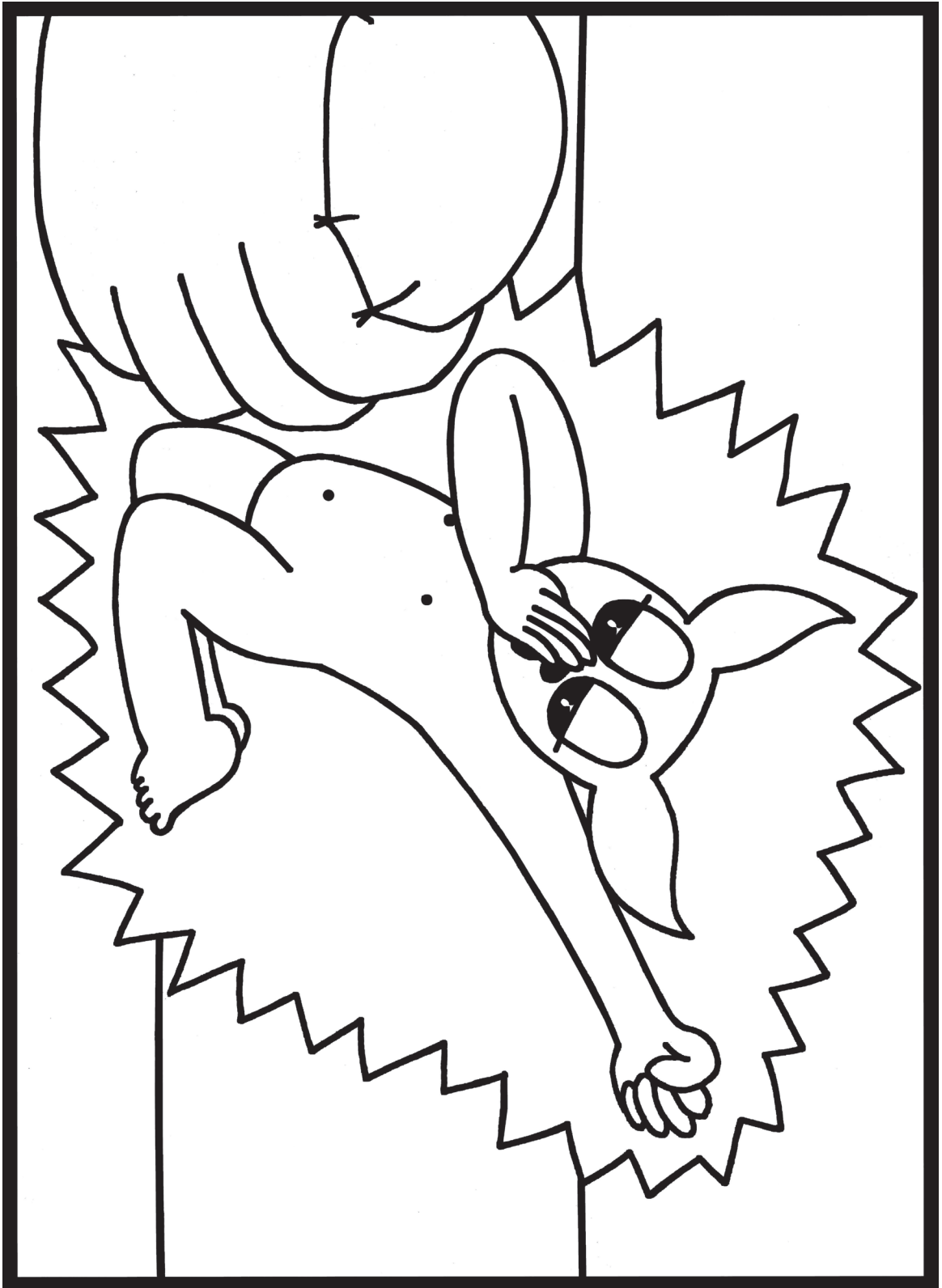




Jessica Kingsley
Publishers

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**ACTIVITY 1: COLOUR IN THE PICTURE
OF THIS SLEEPY RED BEAST**



ACTIVITY 2:S KEEP CALM TABLE

When angry, it helps to:	Activity	Me	A friend	My teacher/ TA/helper	Family member	Family member
	Breathe and count slowly from 1 to 20					
	Go for a run					
	Do some fun exercises to music					
	Read a book comic, paper, Happy Scrap Book					
	Do some arts and crafts					
	Have a drink and a snack					
	Play computer games / construction games/puzzles					
	Stroke a pet					
	Watch TV or YouTube videos					

Here are some more things to try to calm the Red Beast.

When angry, it helps to:	Activity	Me	A friend	My teacher/TA/helper	Family member	Family member
	Listen to music					
	Sleep under a heavy blanket					
	Watch the night sky					
	Smell your favourite things like vanilla/chocolate/mint/lemon					
	Paint a picture					
	Drink hot chocolate					
	Squeeze a toy					
	Roast marshmallows					
	Go to a special place, like a tent, tree house, library, bedroom					
	Dig in the garden					

Discussion: Can you think of something to add to these calming activities?

Add to it each day – at home and at school.

.....'s Home/School 14-Day Challenge Chart

School/ home/ date	I used my Red Beast Box to practise calming the Beast. These are some things I tried:	Draw 
Day 1	Used the stress ball and counted down from 20 to 1, then...	
Day 2	Used the stress ball and counted down from 20 to 1, then...	
Day 3	Used the stress ball and counted down from 20 to 1, then...	
Day 4	Used the stress ball and counted down from 20 to 1, then...	
Day 5	Used the stress ball and counted down from 20 to 1, then...	
Day 6	Used the stress ball and counted down from 20 to 1, then...	
Day 7	Used the stress ball and counted down from 20 to 1, then...	
Day 8	Used the stress ball and counted down from 20 to 1, then...	
Day 9	Used the stress ball and counted down from 20 to 1, then...	
Day 10	Used the stress ball and counted down from 20 to 1, then...	
Day 11	Used the stress ball and counted down from 20 to 1, then...	
Day 12	Used the stress ball and counted down from 20 to 1, then...	
Day 13	Used the stress ball and counted down from 20 to 1, then...	
Day 14	Used the stress ball and counted down from 20 to 1, then...	
You did it!	Download your certificate:	

ACTIVITY 3: SLEUTH PUZZLE

Find all the words that mean “happy”.




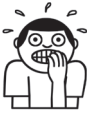

a	j	o	y	f	u	l	h	f	u	o	p	a	c
o	v	e	r	j	o	y	e	d	o	e	d	g	o
l	g	p	i	o	p	l	e	a	s	e	d	e	n
e	u	y	d	e	l	i	g	h	t	e	d	e	t
l	u	f	s	s	i	l	b	a	l	b	l	t	e
l	d	l	r	e	x	u	l	t	a	n	t	o	n
y	y	t	u	e	j	e	e	e	u	p	a	a	t
d	l	r	h	x	e	t	j	o	k	i	n	g	e
o	a	l	r	j	c	h	p	c	j	d	t	e	d
t	h	l	o	e	t	p	c	l	a	i	v	o	j
p	i	y	g	j	m	j	u	b	i	l	a	n	t
p	e	a	c	e	f	u	l	u	f	e	e	l	g
f	y	r	e	c	s	t	a	t	i	c	j	l	p
u	e	l	d	h	a	p	p	y	a	s	e	o	c

Ecstatic
Joking
Joyful
Cheerful
Peaceful
Elated
Exultant
Merry
Jovial
Pleased
Jubilant
Overjoyed
Happy
Contented
Delighted
Glad
Gleeful
Blissful
Jolly

(Answers are at the end of the book.)

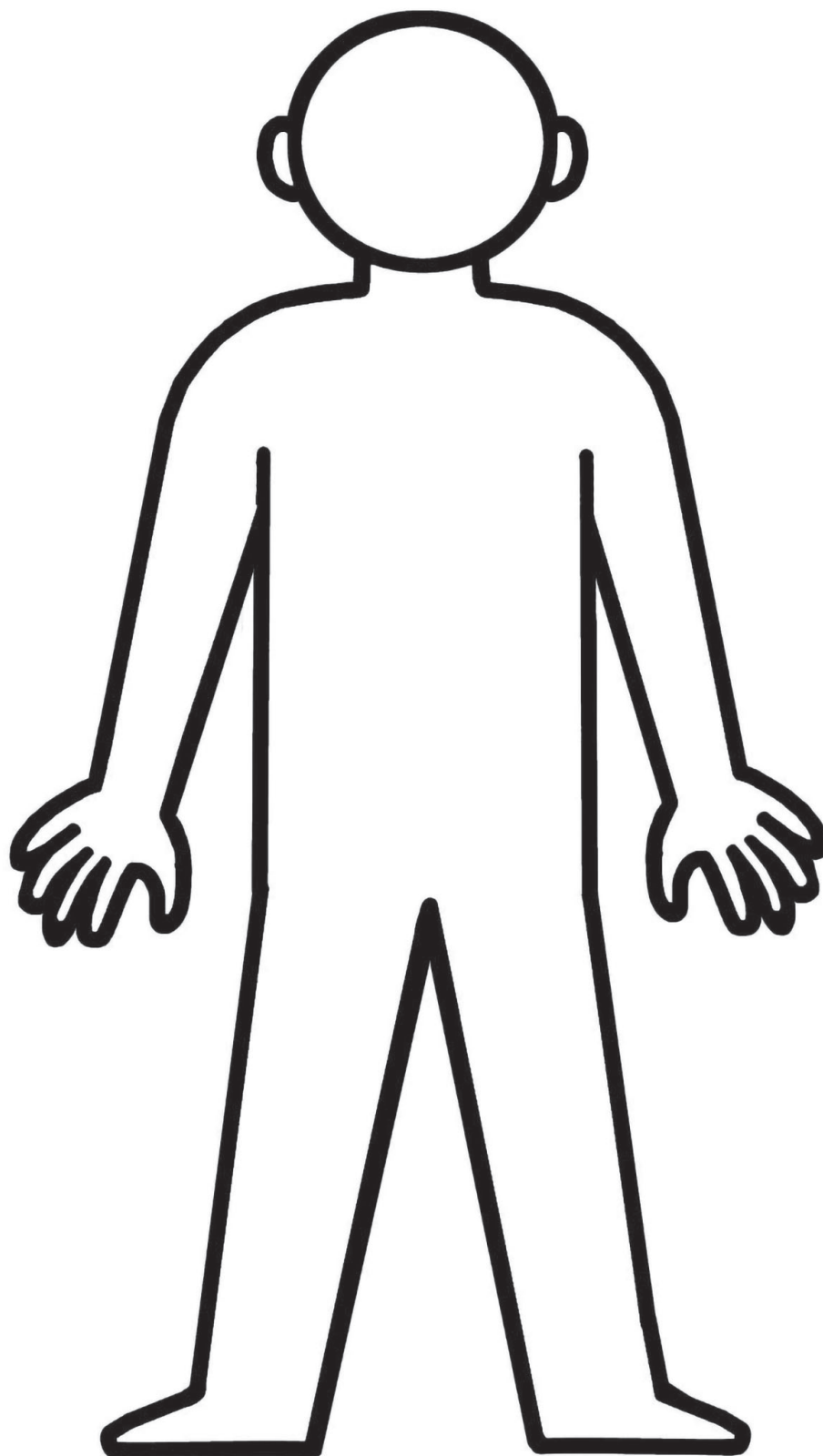
Further activity: Can you put these “happy” words in order of intensity?

ACTIVITY 4: CAN YOU LABEL THE FS AND GIVE EXAMPLES OF WHAT MAY CAUSE THEM?

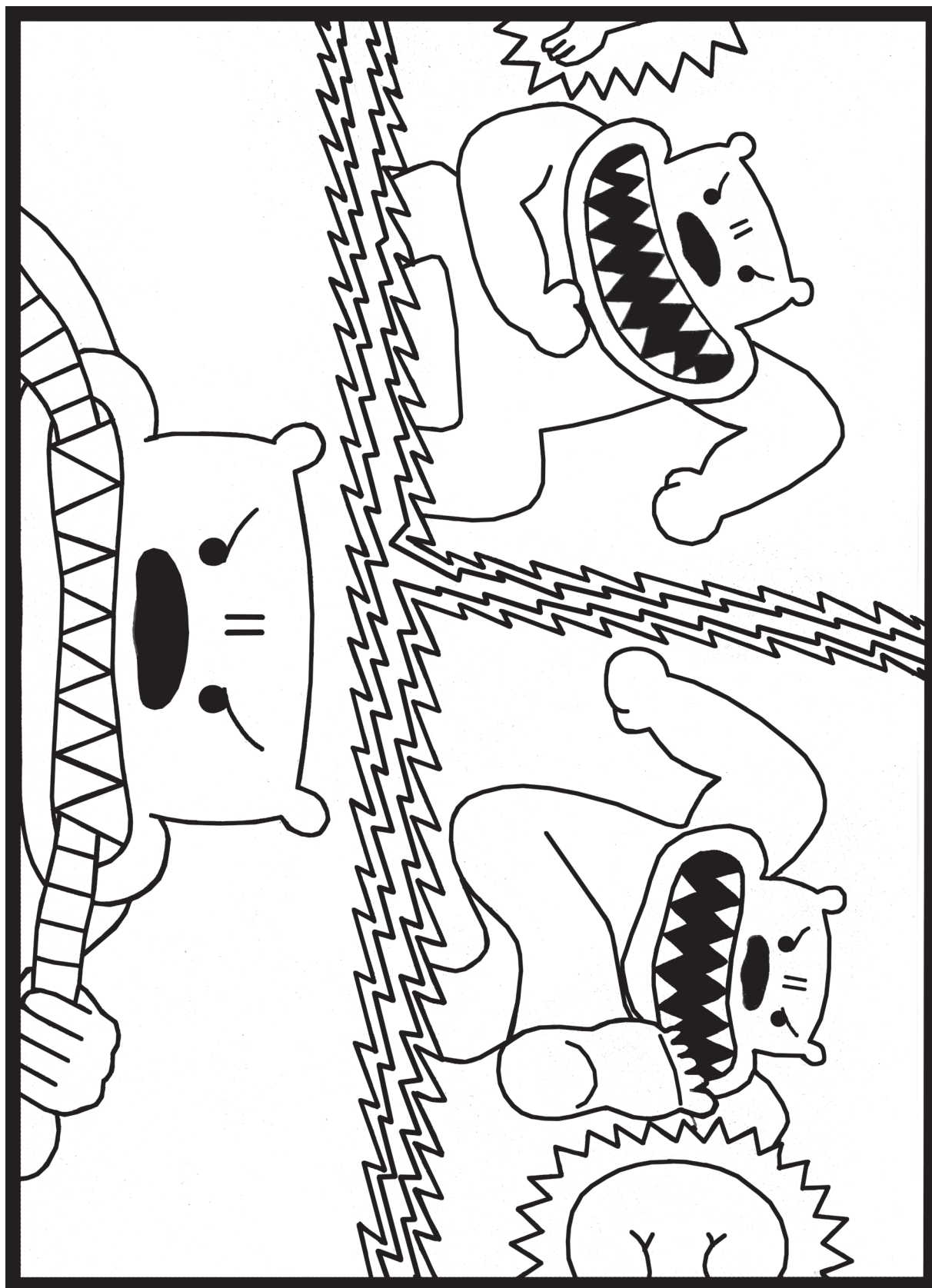
 <p>F</p>	
 <p>F</p>	
 <p>F</p>	
 <p>F</p>	
 <p>F</p>	

Discussion: How does your amygdala react when it is being over-protective?

ACTIVITY 5: CAN YOU LABEL THE PLACES ON THE BODY THAT ANGER CAN BE FELT (E.G. HEART BEATING FAST, KNEES SHAKING)?



**ACTIVITY 6: COLOUR THIS PICTURE OF
A VERY ANGRY RED BEAST**



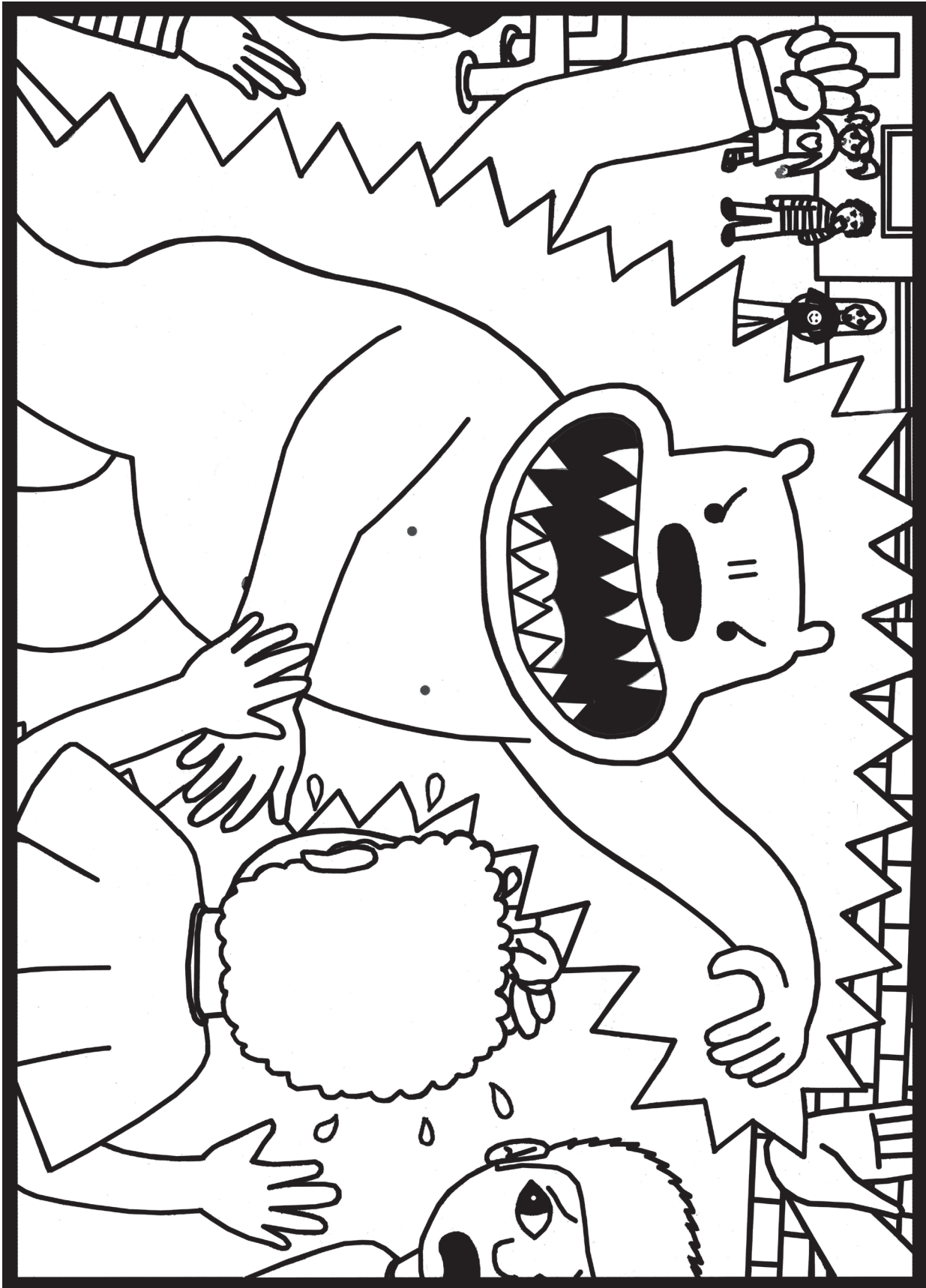
ACTIVITY 7: WHAT WAKES YOUR RED BEAST?

Tick or draw an angry face next to what wakes your Red Beast.

Does this wake your Red Beast?	Tick or draw an angry face
1. Having to wait	
2. Losing a game	
3. Being touched or bumped into	
4. Being scared	
5. Thinking people are making fun of me	
6. Thinking something is unfair	
7. Doing tests	
8. Being late	
9. Being tired	
10. Being ignored	
11. Loud noises	
12. Being left out	
13. Being bullied	
14. Things not going as planned	
15. Not understanding what to do	
16. Being told what to do	
17. Technology not working	
18. Being hungry	
19.	
20.	

Can you add to the list?

**ACTIVITY 8: COLOUR IN THIS PICTURE
OF A FIGHTING RED BEAST**



ACTIVITY 9: SLEUTH PUZZLE

Find all the words that mean “angry”.

r	r	e	t	t	i	b	o	i	d	i	v	i	l	Enraged
i	p	e	e	v	e	d	n	s	a	f	h	i	y	Angry
t	d	o	v	d	r	f	c	u	a	l	d	d	l	Inflamed
m	g	e	t	m	l	e	r	o	i	f	e	e	u	Peeved
t	a	s	h	a	d	d	n	i	e	v	u	y	f	Bitter
a	i	d	m	n	f	t	e	r	o	i	q	o	e	Heated
n	d	e	c	r	e	i	f	u	a	q	i	n	t	Irritated
g	d	g	n	i	m	u	f	f	e	g	p	n	a	Mad
r	g	m	d	h	e	a	t	e	d	m	e	a	h	Grumpy
y	r	f	h	t	s	s	o	r	c	n	r	d	a	Cross
n	u	e	d	g	i	r	r	i	t	a	t	e	d	Hateful
u	m	i	i	i	n	f	u	r	i	a	t	e	d	Livid
f	p	a	i	o	d	e	d	n	e	f	f	o	y	Fuming
s	y	e	t	i	t	d	e	x	e	v	a	e	a	Vexed

(Answers are at the end of the book.)

Further activity: Can you put these “angry” words in order of intensity?

ACTIVITY 10: QUICK QUIZ SCORE/25

Date

Name

1. What does Danni's uncle say about anger and Danni's name?

Daft Danger Dippy Dotty

2. What is the name of Danni's dog?

Dotty Dylan Dolores

3. What is the name of Danni's teacher?

Mr Parker Mr Peters Mr Pollard

4. What did Danni's mum say anger looked like?

A red balloon A red baboon A red beast

5. Tick all the things that Danni tried to control his anger.

Drink and snack Breathe and count
Stroke a pet Play computer Read a comic

6. List four things that help you feel calm.

a
b
c
d

7. The amygdala in the brain switches on when we feel afraid or anxious.

True / False

8. How many days did Danni practise calming his Red Beast for the challenge?

7 14 10

9. Anger is in all of us.

True / False

10. How are you doing controlling the Red Beast?

Still trying

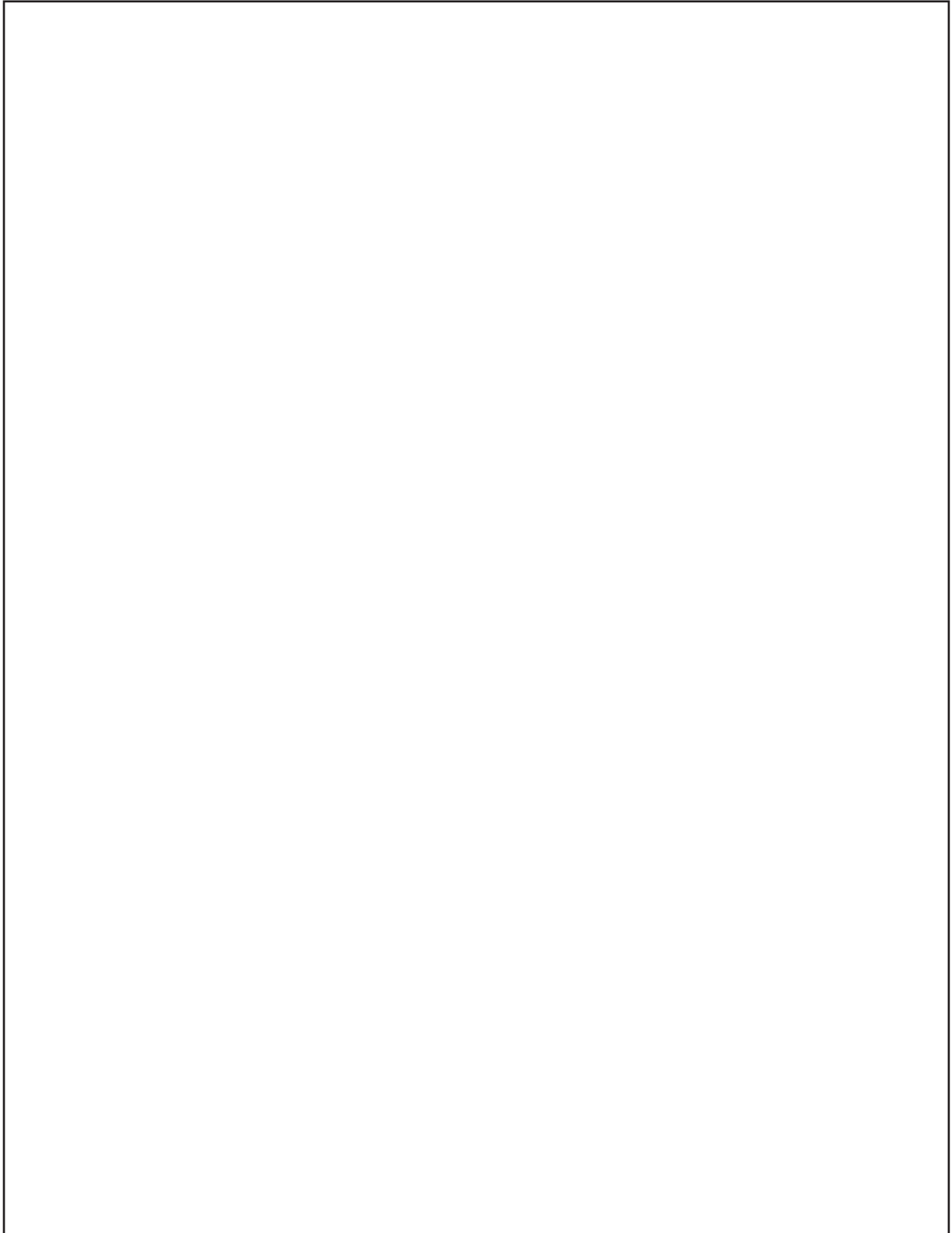
Getting better

Much better

Finished – thank you.

ACTIVITY II: CAN YOU THINK OF SOME BETTER WORDS TO SAY INSTEAD OF SWEAR WORDS?

Make a poster of these better words for home and the classroom.

A large, empty rectangular box with a thin black border, intended for students to create a poster of better words to use instead of swear words.

ACTIVITY 12: PLAY THE GAME: WHAT DID I SAY? WHAT DID I MEAN?

Instructions:

1. Paste the Phrases and Tone of Voice sheets onto cardboard and cut into strips along the dotted lines.
2. Make one pile for phrases and another for tone of voice.
3. Each player picks a phrase and a tone of voice.
4. That person leaves the room with you and you make a video of them saying the word using the tone of voice chosen.
5. When all the cards have been used, play back the video and see who is the quickest to recognize the tone of voice.

What Did I Say? What Did I Mean?

Phrases

Stick on card, cut into strips along the dotted lines and laminate.

1. Come in

.....

2. So glad you came

.....

3. Sit down

.....

4. Great to see you

.....

5. Take a seat

.....

6. Your hair looks great

.....

7. Is that a new school bag?

.....

8. Do you want a drink?

.....

What Did I Say? What Did I Mean?

Tone of Voice

Stick on card, cut into strips along the dotted lines and laminate.

1. Say the phrase using a gentle tone of voice

.....

2. Say the phrase using an angry tone of voice

.....

3. Say the phrase using a sad tone of voice

.....

4. Say the phrase using a bored tone of voice

.....

5. Say the phrase using an impatient tone of voice

.....

6. Say the phrase using a suspicious tone of voice

.....

7. Say the phrase using a sarcastic tone of voice

.....

8. Say the phrase using a funny tone of voice

.....

ACTIVITY 13: THE FOUR-WEEK CHALLENGE: BECOME A MORE POSITIVE PERSON

Month:						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Change your bad attitudes for good ones for just four weeks. This will programme your brain and you and others will see a new, more positive you.

Month:						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

I chose to try this challenge in the school holidays when I would be more relaxed.

I got a certificate when I completed it.

Join me because attitude is everything and positive things happen to positive people.

Discussion: When will you try the four-week attitude challenge and get your certificate?

ACTIVITY 14: DANNI'S DIFFICULTIES WITH PERFECTIONISM

Discussion: Can you help Danni to find any more solutions to his problems?

Oops – the problem	Can we fix it?
Angry – because his pencil lead broke so he snapped the pencil in half.	Sharpen the pencil. Always keep extra sharpened pencils in a see-through pencil case. Use a propelling or twist-up pencil.
Mad at losing a small piece of LEGO® – so broke it up.	Join the LEGO® club to get missing pieces for free.
Angry – threw his sandwich in the bin because Mum didn't cut it how he liked.	Learn to make your own sandwiches and cut them using a chopping board, clean ruler and sharp knife.
Sad and angry – after missing a goal during football, stormed off the pitch.	Count backwards from 7 to 1. Take some deep breaths. Later – watch videos of your favourite players missing goals and see what they do. Make a plan of what you will do if you miss a goal, and practise it before a big game.

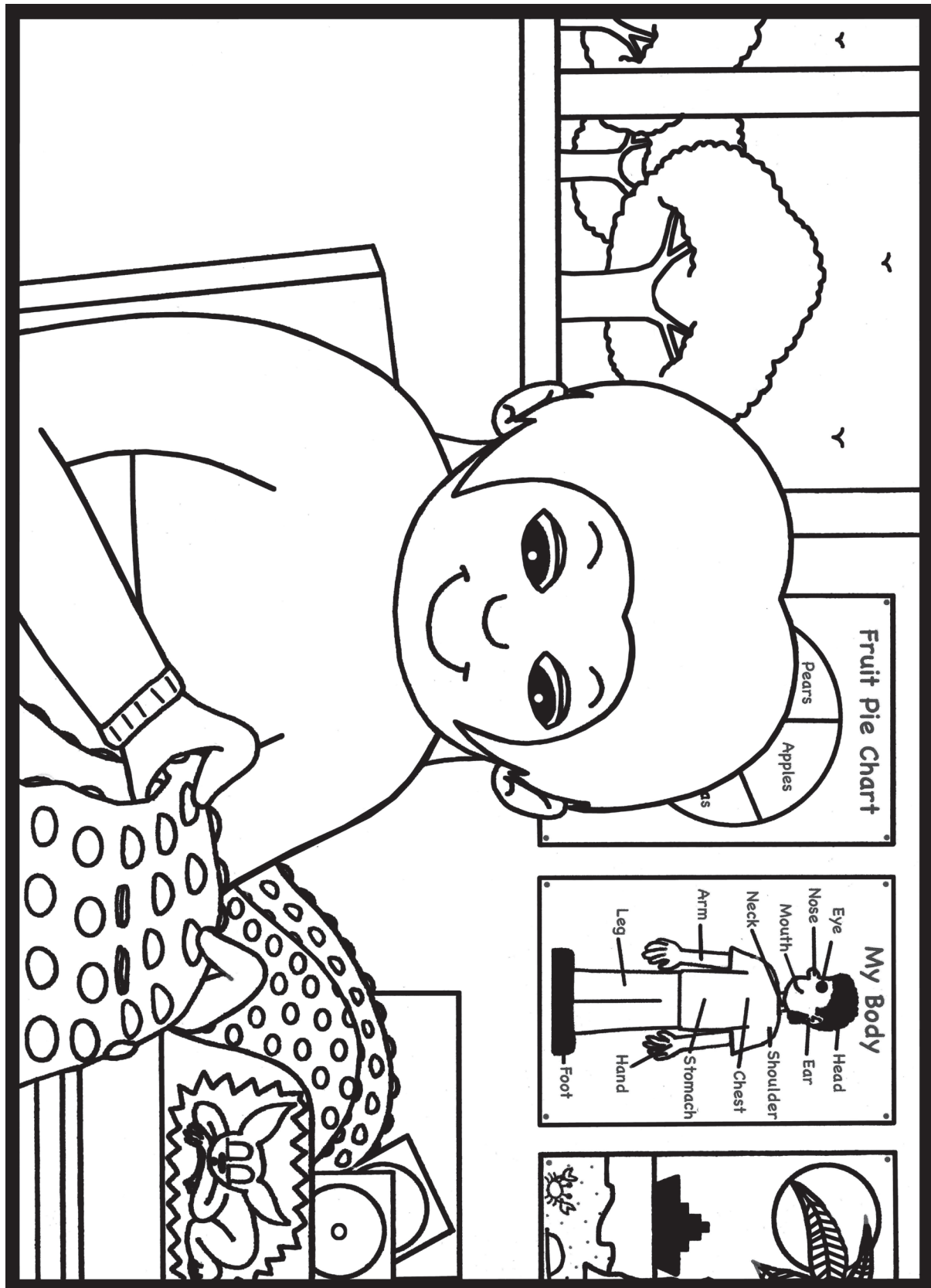
ACTIVITY 15: START KEEPING A LIST OF YOUR OWN PERFECTIONIST PROBLEMS – AS THEY TURN UP – BOTH AT HOME AND AT SCHOOL

You could even take photographs.

Ask an adult if you need help to make your list.

Oops – the problem	Can I fix it?

**ACTIVITY 16: COLOUR THIS PICTURE OF
DANNI CALMING HIMSELF**



ACTIVITY 17: WHAT ARE YOUR SENSORY BOWLS LIKE?

Too big? Under-sensitive I can't get enough – give me more, more, more!	Which sense?	Too small? Over-sensitive It's too much – take it away! I feel overwhelmed!	Which sense?
I am under-sensitive to: Make a list:		I am over-sensitive to: Make a list:	

--	--	--	--



Sound



Sight



Smell



Touch



Taste



Proprioception



Vestibular



Interoception

ACTIVITY 18: SEE IF YOU CAN FIGURE OUT HOW YOU CAN HELP YOURSELF WITH SENSORY UNDER- OR OVER-SENSITIVITY

Problem? Over-sensitive	Can I fix it?
	This means I may not like strong sunlight or flashing lights.
	This means I may not like sudden or loud noises.
	This means I may not like certain smells.
	This means I may not like certain foods or drinks.

	This means I may not like someone touching me, wearing socks or the labels in clothes.
	This means I may not like too much exercise, like running and jumping.
	This means I may not like swings, seesaws or a merry-go-round.

Problem? Under-sensitive	Can I fix it?
	This means I may like flashing lights, lava lamps and being out in the sun.
	This means I may enjoy loud music and I may talk too loudly.

	This means I may like to smell things like shoes or leather chairs.
	This means I may like sucking lemons and having lots of salt on my food.
	This means I may like big bear hugs, weighted blankets and waistcoats.
	This means I may not know when to stop eating or drinking.
	<p>This means I may need more input for my muscles and joints. I can't get enough information, so I may be very fidgety.</p> <p>At home, I can:</p> <p>At school, I can:</p>

	<p>This means my brain needs to get more input to keep my sense of balance:</p> <p>At home, I can:</p> <p>At school, I can:</p>
	<p>This means I don't always know how I am feeling inside – I just don't feel good, but I don't know why. If I am hungry or thirsty, I may get angry.</p> <p>I need to practise being mindful both at home and at school.</p> <p>At home, I can:</p> <p>At school, I can:</p>

TAKE A BREAK: 1
A relaxation break

I could:

- count backwards from 7 to 1
- do deep breathing
- listen to soothing music
- go to my imaginary world for 15 minutes.



TAKE A BREAK: 2
A sensory break

I could:

- chew gum/chewy tube
- watch a liquid timer
- sit in a pop-up tent
- wear a weighted vest/blanket.



TAKE A BREAK: 3
A solitude break

I could:

- go to my room
- go to the safe haven
- read a book/comic
- read my Happy Scrap Book.*



* See Useful Tools and Other Ideas.

TAKE A BREAK: 4
A diversion break

I could:

- do a job – gardening, cooking
- do construction toys
- go to see a friend/relative/teacher
- use electronics for 10/15/30 minutes.



TAKE A BREAK: 5
A relief break

I could:

- go to the toilet
- have a drink of water
- suck on a sour sweet
- have a slice of fruit.



TAKE A BREAK: 6
A movement break

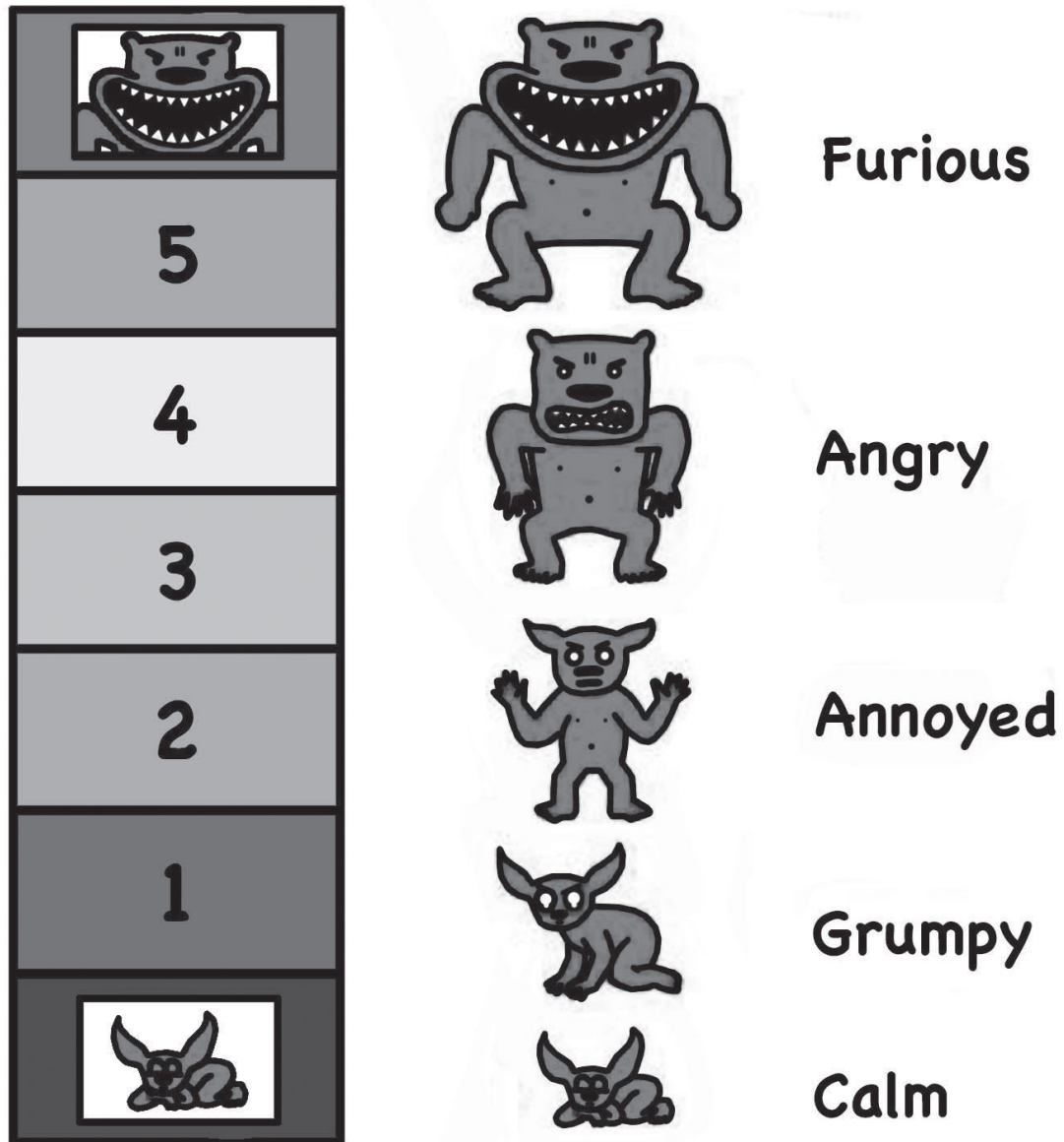
I could:

- go on a mini trampoline
- roll on an exercise ball
- do push-ups on the wall
- walk/hop/run around outside.



Sensory tools

For sensory tools visit: <https://suelarkey.com.au/sensory-shop>.



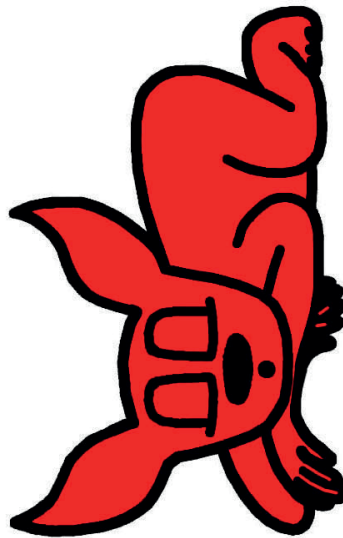
14-Day Challenge

I know how to calm my
Red Beast

Name

Date

Sign



Four-Week Challenge

I have a great attitude

Name



Date

Sign



I'm a Good Sport

Name

Date

Sign



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