DEAR PARENTS, CAREGIVERS, TEACHERS AND COUNSELORS,

THIS RESOURCE IS DESIGNED TO ACCOMPANY MY PICTURE BOOK, CALM YOUR ROAR LIKE A DINOSAUR: HOW TO RELAX MUSCLE BY MUSCLE, COWRITTEN WITH COLLEEN A. PATTERSON, ILLUSTRATED BY JOHN JOSEPH, AND PUBLISHED BY THE AMERICAN PSYCHOLOGICAL ASSOCIATION'S MAGINATION PRESS.

IN THE BOOK, A YOUNG DINOSAUR LEARNS TO RELAX WITH PROGRESSIVE MUSCLE RELAXATION (PMR), A SCIENTIFICALLY SUPPORTED TECHNIQUE FOR PROMOTING A MORE RELAXED STATE IN AN ANXIOUS BODY.

PMR ADDS A NEW TOOL FOR THE COPING CORNER OR THE SELF-CARE TOOLBOX WHEN THE MIND AND BODY START TO ROAR WITH STRESS, FRUSTRATION, OR ANGER.

LIKE ALL MAGINATION PRESS STORIES, THERE ARE STRATEGIES AT THE BACK OF THE BOOK THAT YOU CAN USE TO SUPPORT YOUNG CHILDREN AND THEIR SOCIAL-EMOTIONAL LEARNING AND MENTAL HEALTH.

THESE RESOURCE PAGES OFFER ADDED TOOLS FOR REFLECTION THAT CAN BE USED INDIVIDUALLY, IN GROUPS, OR IN WHOLE CLASSROOMS.

I HOPE YOU FIND THESE RESOURCE PAGES HELPFUL, AND I HOPE KIDS FIND THEM ENJOYABLE, TOO!

REMEMBER, WE ALL FEEL BIG ROARS INSIDE, BUT WE CAN LEARN TO CALM THEM IN WAYS THAT SUPPORT US!

CELEBRATING THE IMPORTANT WORK YOU DO,
BRENDA S. MILES, PHD
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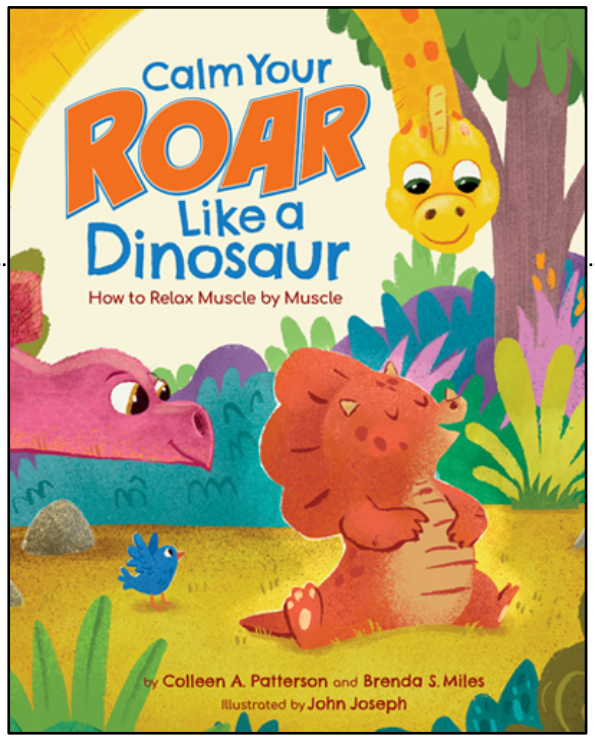
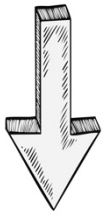


BIG ROARS INSIDE

Everyone feels big roars inside when they are frustrated or angry.

Have you ever felt angry with a big roar inside?

CIRCLE YOUR ANSWER HERE!

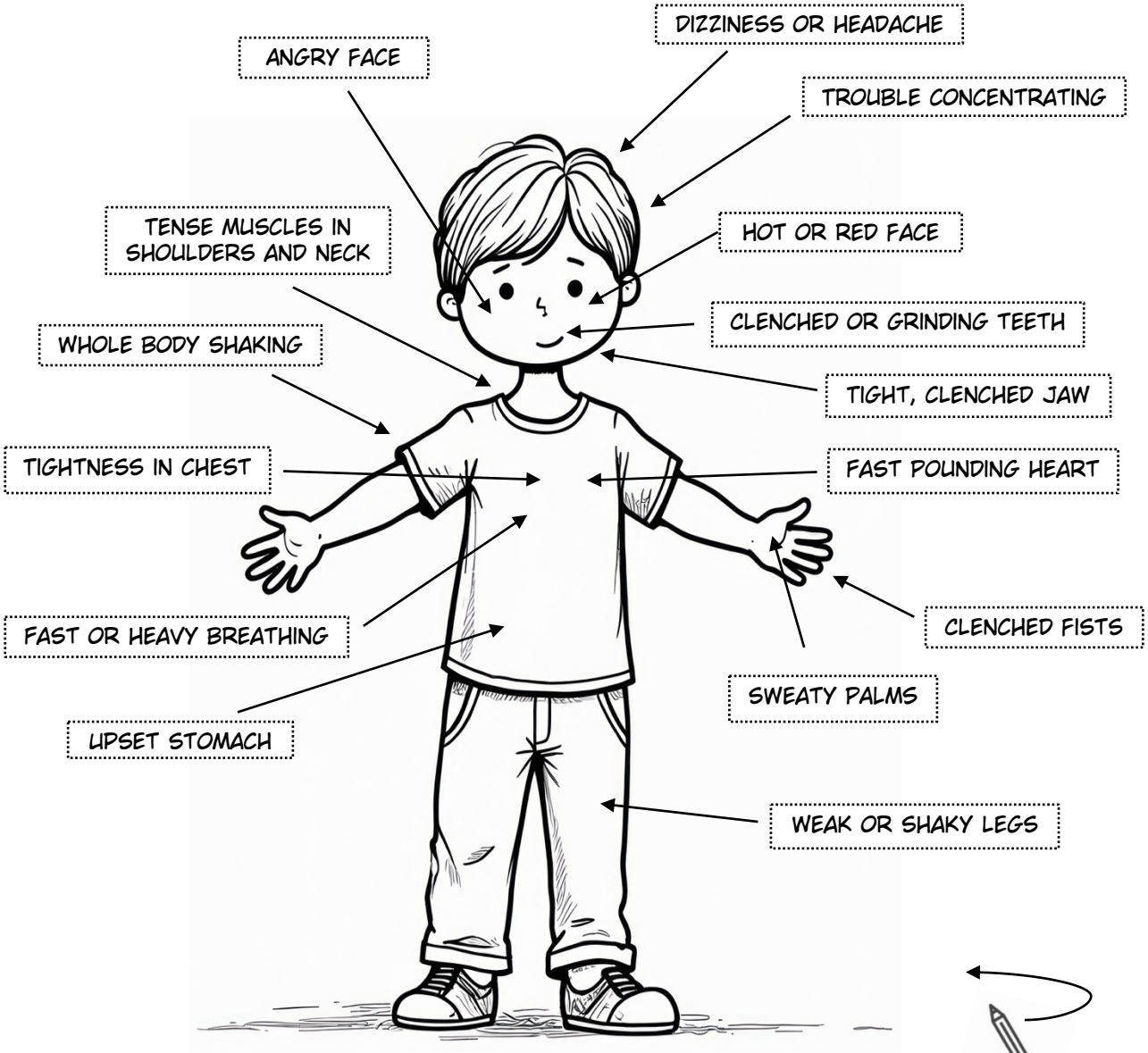


YES

NO

COLOR THE DINOSAUR!

SIGNS OF ANGER IN THE BODY



Circle the signs of anger you feel in your own body when you are MAD!

Change the boy's face to make him look angry.

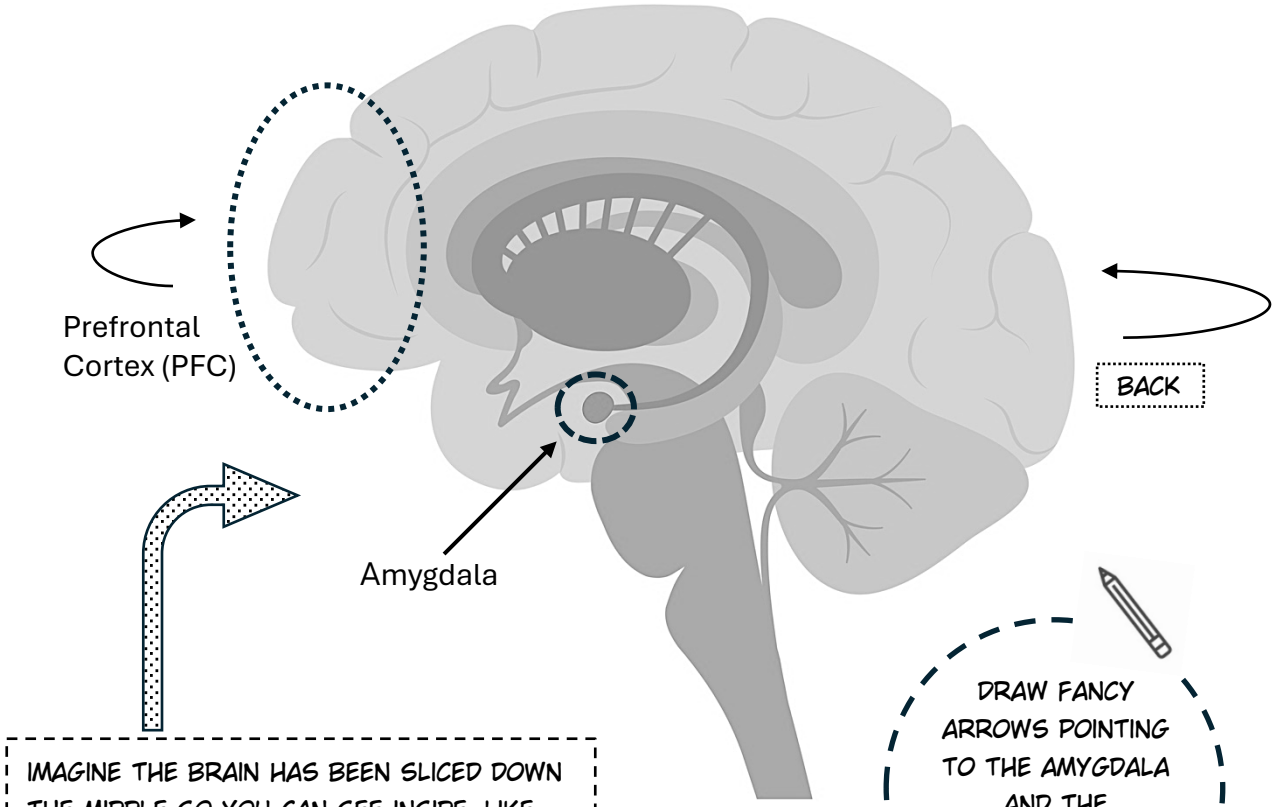
DRAW YOUR ROARS

Imagine what the roars you feel inside your body look like.

Draw them.

ROARS IN THE BRAIN

A small structure deep in the brain called the **amygdala** helps us feel big emotions like surprise, anger, and fear.



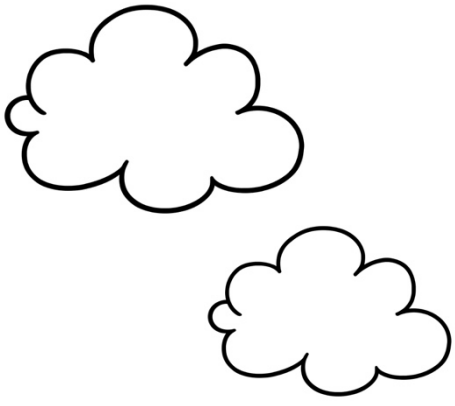
When the **amygdala** is feeling very angry, it's in charge of you and your brain.

But if you try your best to calm your roar, the thinking part of your brain at the front called the **prefrontal cortex**—or PFC for short—can start doing some problem solving to help you.

CALM YOUR AMYGDALA

Slow, relaxed breathing can help you reset and feel calm.

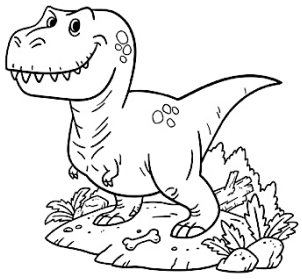
- Keep your eyes open or closed
- Breathe in slowly through your nose
- Feel your belly rise as it fills with air
- Breathe out slowly through your mouth
- Feel your belly move back down as you breathe out



- If worryful thoughts come into your mind while you are breathing calmly, try not to give them much attention or emotion
- Instead, just notice the thoughts calmly
- Then imagine putting the thoughts on clouds and watching them float away

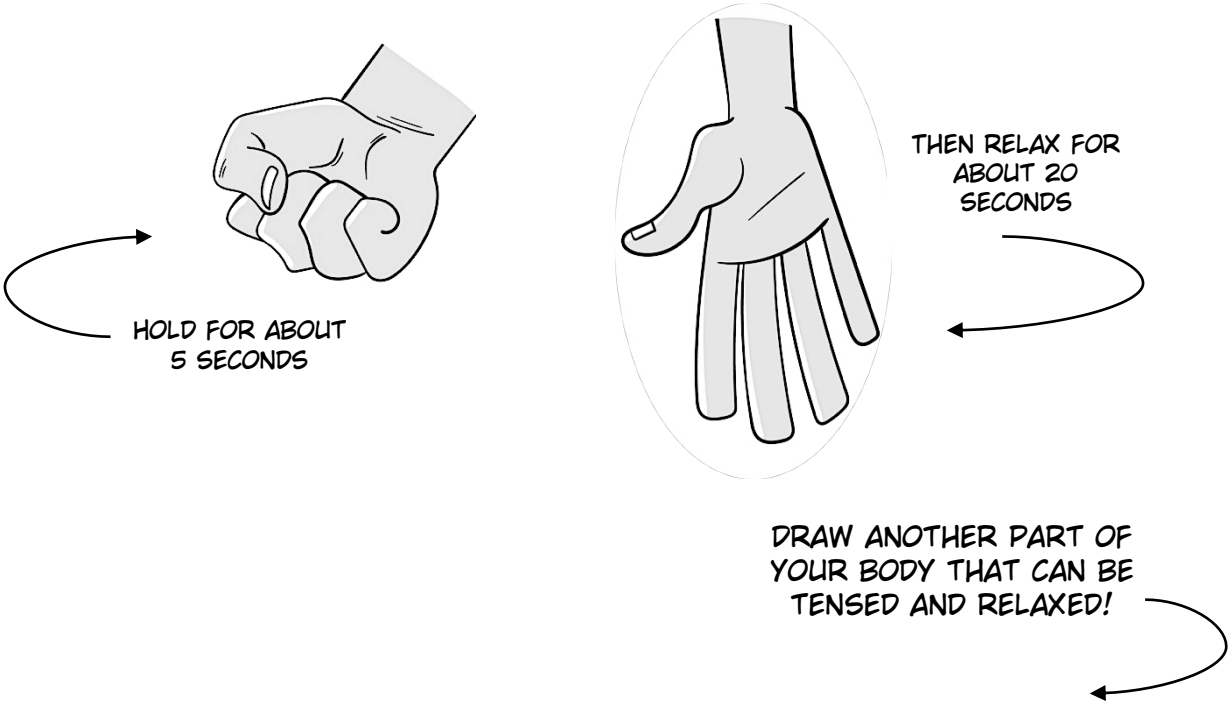
DRAW A CALM AND HAPPY DINOSAUR

HERE'S AN EXAMPLE BUT DRAW ANY KIND OF DINOSAUR YOU LIKE!



TENSING AND RELAXING MUSCLES

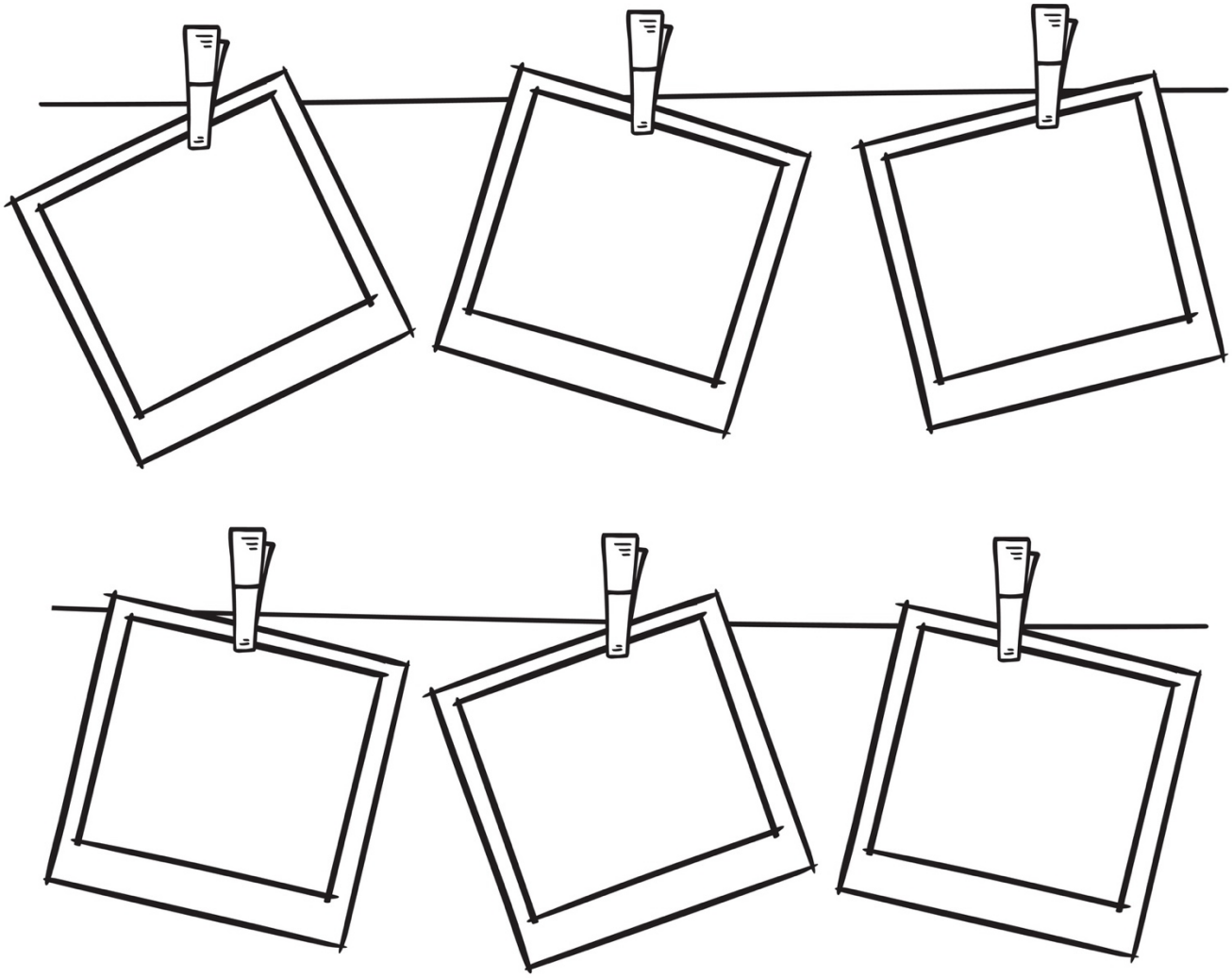
Tense the muscles in one area of your body for 5 to 7 seconds and then relax those muscles for about 20 seconds to help you feel calm.



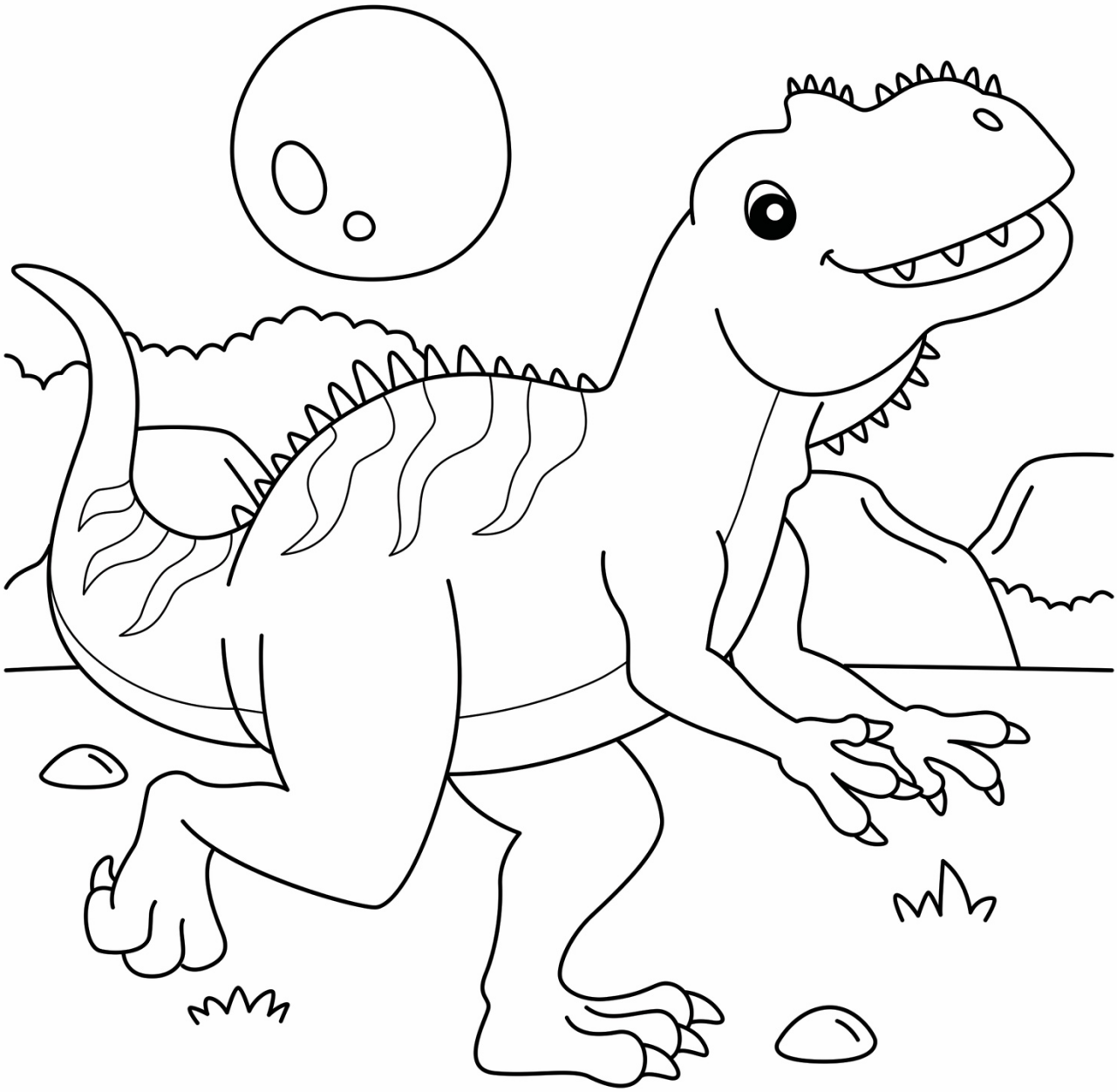
WHAT ELSE HELPS YOU FEEL CALM?

People do different things to calm their roar.

Draw or write down some strategies that help you.



COLOR THIS HAPPY DINOSAUR



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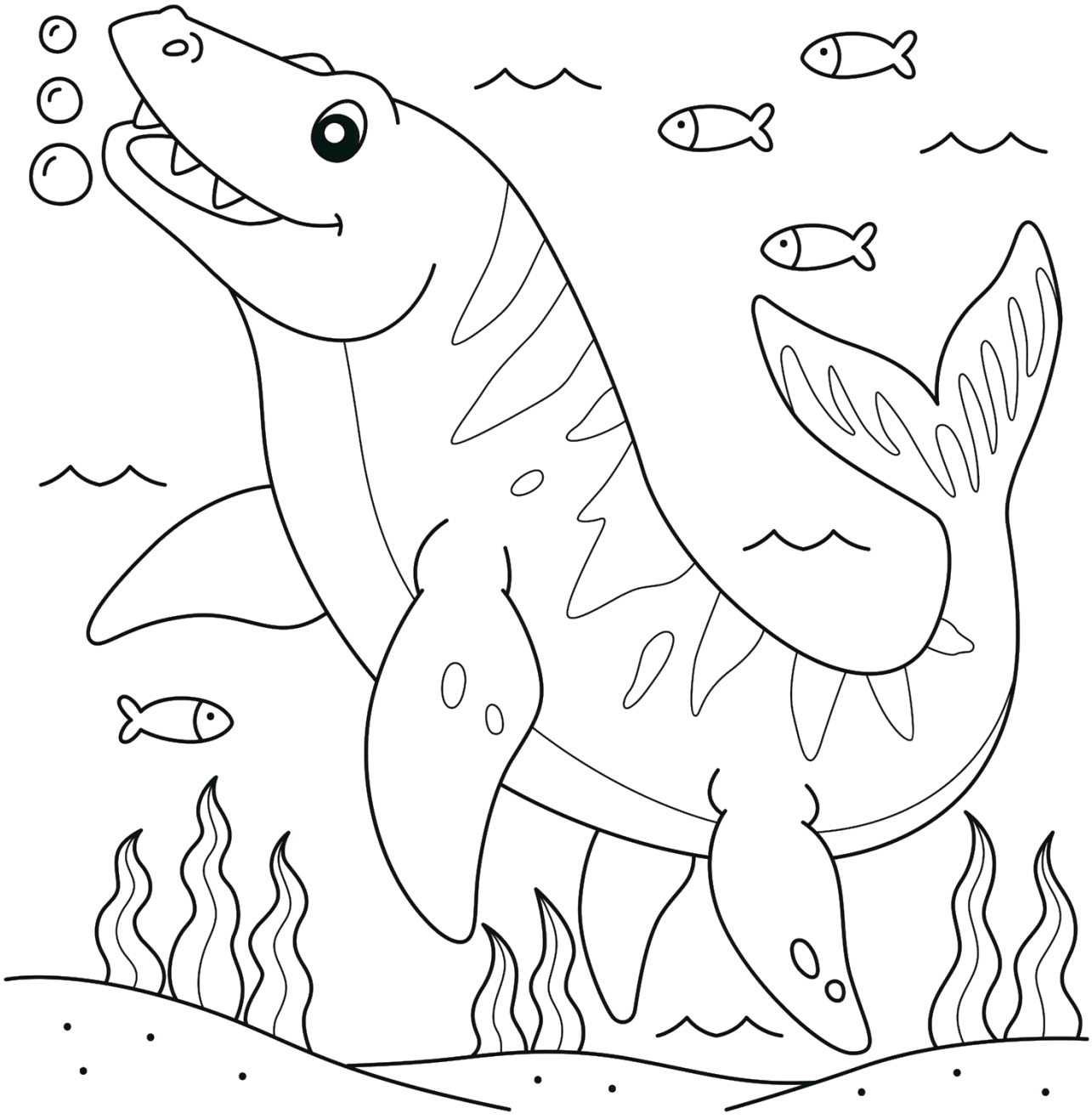

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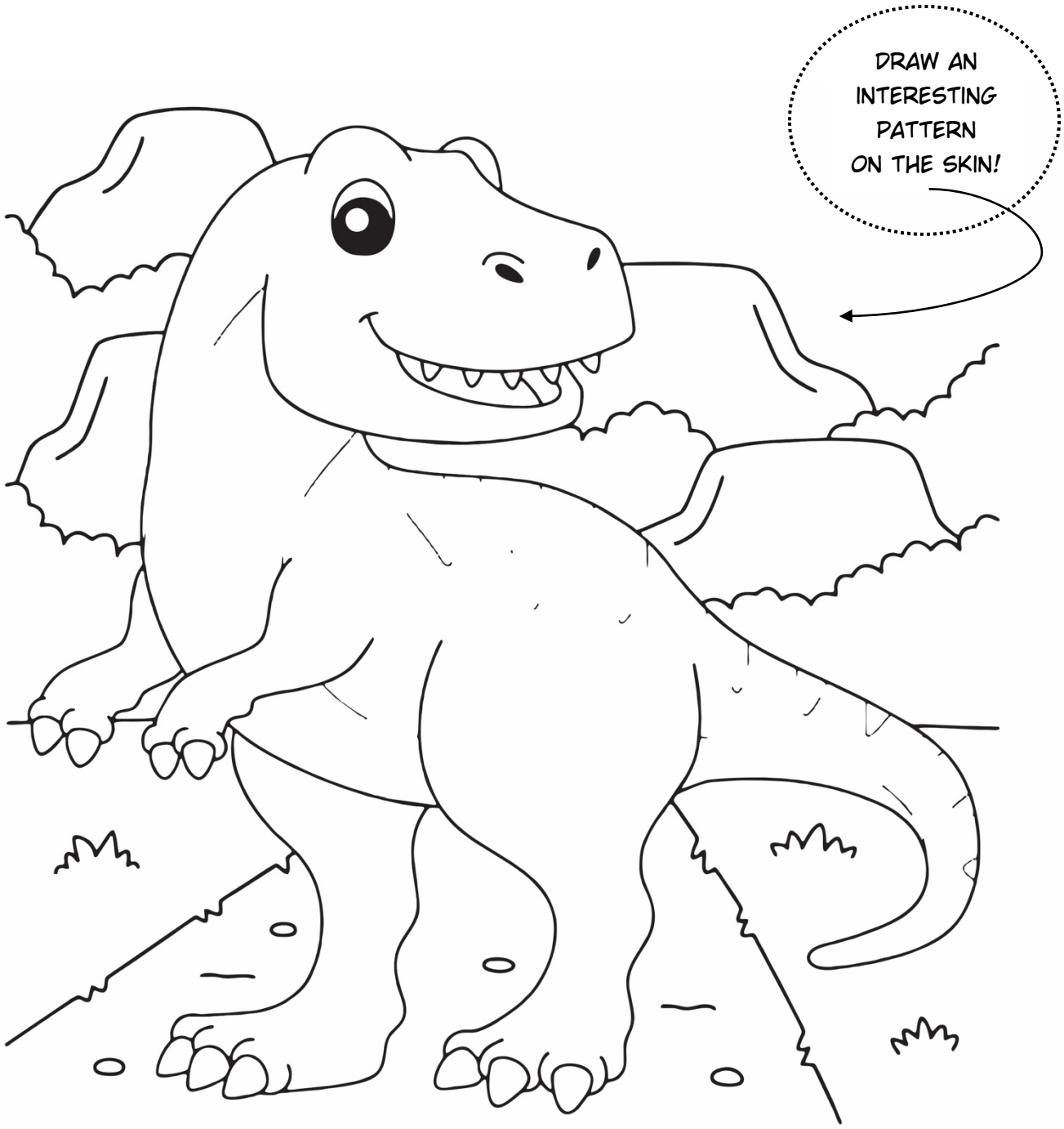
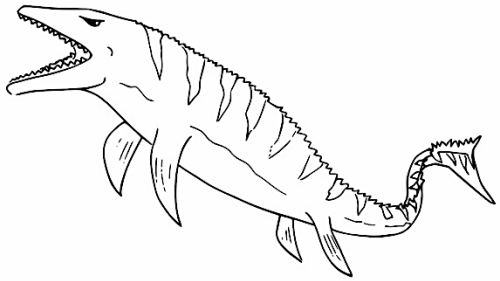


COPY CALMLY FROM A PICTURE

When you notice things quietly and on purpose you are being mindful.

Mindfulness can help you feel calm.

DO YOUR BEST AND COPY THIS DINOSAUR!



WHAT IF THE BOOK HAD A NEW COVER?

Imagine what a new cover would look like and draw it!