

Activity Ideas

Cross/Angry – Baxter and His Temper

1. **Design your own calm bird.** The bird in the story helped Baxter find his calm. Design your own calm bird. What would it look like? What would it say?
2. **My uncomfortable balloon.**

Step 1. Discuss things that make you feel angry.

Step 2. Blow up a balloon and write your trigger ideas on the balloon or draw a balloon and draw or write your ideas inside. E.g. losing a game, not sharing, unkind names.

Step 3. Untie the end of the balloon and hold it tight.

Step 4. Practise taking a breath in through your nose and out through your mouth and then saying 'the problem is and I feel...' for each idea you've written on your balloon as you let out a bit of air from the balloon or release a bit of your breath. E.g. 'I lost a game and I feel angry'



3. **Breathing practise.** Practising how to take a deep breath can help us learn to calm down. It is important we breathe in through our nose and out through our mouth. Try following along with these breathing videos at home:

[Five Finger Breathing](#)
[Cooling out breath](#)

4. **Poster Activity.** Use the template to make a '3 Steps for Calming Down Poster'.