

Jaden's Swirly, Sparkly, Stompy Day

ACTIVITY GUIDE

Feel it. Name it. Calm it. Share it.

A 6x9 companion guide to help children notice big feelings, watch the Mind Jar, use kind words, and make room for both.



My big feelings can settle.
My friendships can grow again.

1 Feel It: My Body Clues

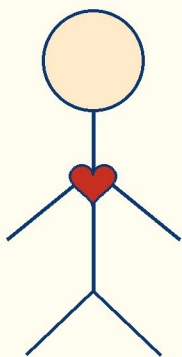
When anger starts to grow, my body may give clues.

How does my body feel?

- ☐ My face feels hot. 
- ☐ My fists feel tight. 
- ☐ My voice gets loud. 
- ☐ My feet want to stomp. 
- ☐ My heart beats fast. 
- ☐ Other: _____ 



Draw or circle where you feel it:



I notice:

My stomp-safe choice is:

Anger is a real feeling.

I can notice it before I choose.

Feel it. Name it. Calm it. Share it.



2

Name It: What Feels True?

Sometimes anger is the first feeling we see.

Circle or color what you feel:



mad



sad



hurt



left out



tired



okay

Under my anger I might feel

- ☐ sad
- ☐ hurt
- ☐ disappointed
- ☐ left out
- ☐ worried
- ☐ tired
- ☐ confused
- ☐ Other: _____



My true words:

I feel _____

because _____

I also notice _____

Kind words _____

Naming my feeling helps me choose.

Feel it. Name it. Calm it. Share it.

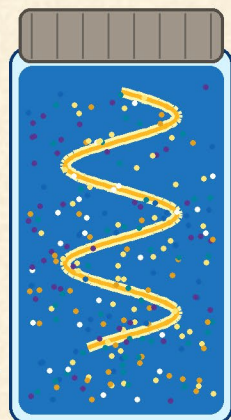
3

Calm It: Mind Jar Watch

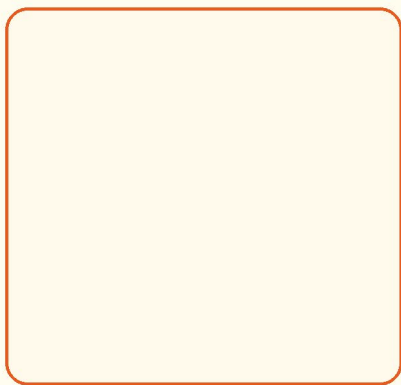
When thoughts rush and twirl, I can watch the glitter settle.

Mind Jar steps:

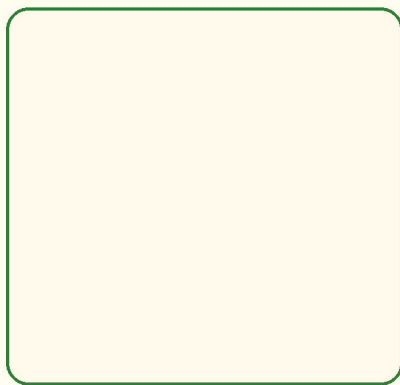
- 1 Give the jar a gentle shake.
- 2 Set the jar down.
- 3 Watch the glitter swirl.
- 4 Wait as sparkles sink.
- 5 Notice my body calm.



Draw your glitter-feeling:



Before: swirly and stormy



After: calmer and clearer

I can think when the glitter comes down.
My body can settle too.

Feel it. Name it. Calm it. Share it.

4

Breathe & Wait

A slow breath can help me pause before I pick.

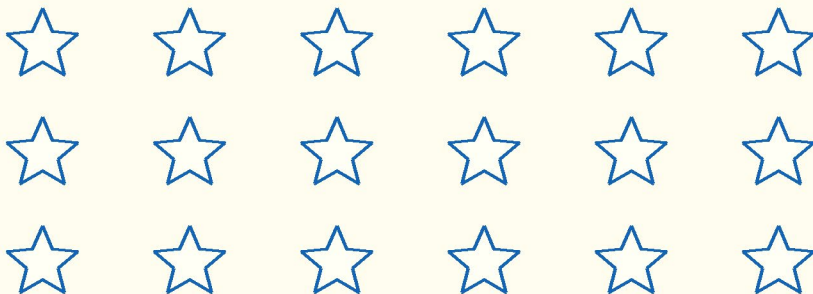


Breathe in: -----

Breathe out: -----

Try these words: My anger is here. I can wait.

Color a star each time you take 3 slow breaths:



Count-to-5 pause:



After I paused, I chose:



A breath is not a trick.

It gives my busy brain time to think.

Feel it. Name it. Calm it. Share it.



5

Share It: Words I Can Use

I can say what I hoped to do and hear my friend too.

Try saying:

I feel _____

I wanted _____

I need _____

Can we _____

Could we do a little of mine and a little of yours?



Practice kind words:

My idea:

Friend's idea:

Both-way idea:



Kind words help friendship grow again.

I can share and listen.

Feel it. Name it. Calm it. Share it.



6

Make Room for Both

Friends can want things different too. We can stop and share.

A both-way plan:



My idea:

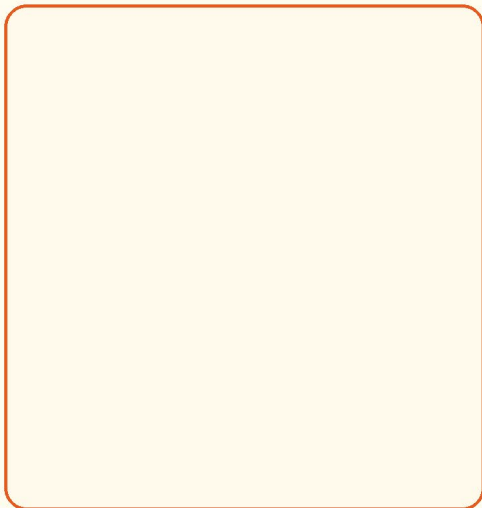


Friend's idea:



Our mix:

Draw a game that makes room for both:



Different ideas can become one fun plan.

Feel it. Name it. Calm it. Share it.

7 Fix & Mend

Brave is fixing things when they go wrong.

Repair words:

I'm sorry I

My anger got big when

I hear you felt

Next time I can



I can practice:

- ☐ use kind words
- ☐ listen without interrupting
- ☐ make room for both ideas
- ☐ ask for help from a grown-up
- ☐ try again when I am calmer

Fixing and mending helps friendship grow.

I can try again.

Feel it. Name it. Calm it. Share it.

8

Big Feelings Can Settle



Not bad. Not wrong. Not there to stay.

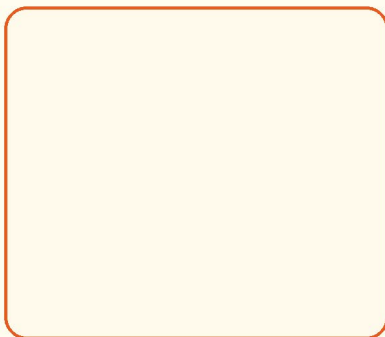


Remember:

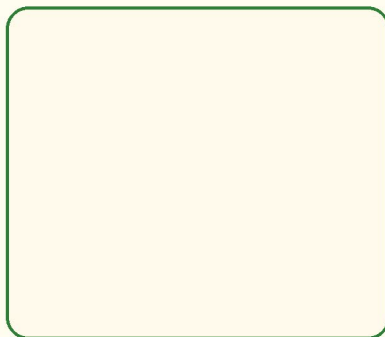
Like glitter, big feelings can
drift away. They can settle
anywhere.



My feeling changed:



At first...



After a pause...

My calming reminders:

★ My anger is real.

★ I can pause.

★ I can settle.

★ I can share.

★ I can choose.

Feel it. Name it. Calm it. Share it.



9 My Anger Plan

When my anger feels big, I can make a plan.



1. How does my body feel?

- ☐ face hot
- ☐ fists tight
- ☐ voice loud
- ☐ feet want to stomp
- ☐ heart beats fast
- ☐ other: _____

2. What helps me calm?

- ☐ take 3 slow breaths
- ☐ watch my Mind Jar
- ☐ count to 5
- ☐ ask for space
- ☐ squeeze a pillow
- ☐ talk to a grown-up

3. What can I say?

I feel _____

I need _____

Can we _____

Let's find a both-way plan.

4. My brave plan

- ★ 1 Stop _____
- ★ 2 Breathe _____
- ★ 3 Wait _____
- ★ 4 Speak kindly _____
- ★ 5 Solve it together _____

I can remember:

- ★ My anger is real.
- ★ I can pause.
- ★ I can settle.
- ★ I can use kind words.
- ★ I can make room for both.



Feel it. Name it. Calm it. Share it.



About the Author

Zinnia Grace Bloom

Zinnia Grace Bloom is a children's author, educator, and social-emotional learning coach with over twenty years of experience supporting young people in schools and community programs. Her work focuses on helping children build resilience, self-trust, kindness, and confidence.

With a background in counseling, social-emotional learning, and mindfulness, Zinnia brings a heart-centered approach to the stories she writes. Her books are inspired by the everyday courage children show as they face fears, discover their strengths, and learn to believe in themselves.

Through children's literature, Zinnia hopes to create stories that comfort, encourage, and remind young readers that even the quietest acts of bravery can make a difference.



Visit
Heart Bloom Press
for free resources
and more books

heartbloompress.com

