

# DRAGON TRAINING BOOK



This book belongs to:

\_\_\_\_\_

# ★ = Dragon Training Book = ★

Dragons are here to help us!  
They live in the very **inside**  
of **our brain** where all our  
emotions lie.



These **clever dragons** of ours  
send signals that help us do  
what we need to.

Our goal is to know  
how to **train our dragon**!



Sometimes we have a  
**RED FIRE DRAGON**  
visiting who sends  
way too many signals  
and makes it hard for  
us to do anything  
because of all the  
smoke and flames.

**Our brain doesn't work  
and it is hard to calm down.**



Other times we have a  
**SLEEPY BLUE DRAGON**  
who isn't sending any  
signals at all so our  
brain doesn't know  
what to do...

**How do we wake  
this sleepy guy up?**



# ★ MY DRAGON SHOWS ME HOW I FEEL ★

My dragon changes based on my body and brain.  
I can notice the signs, use my tools,  
and help my dragon so I can feel my best!

## SLEEPY DRAGON

I am completely shut down.  
My dragon is asleep and gives me no signals.

Zz  
Z



### I might:

- Feel tired, numb, or like I can't go on.
- Have a hard time starting or caring.
- Want to hide, sleep, or give up.

### My dragon needs:



Gentle wake up



Body movement



Energy + support

## TRAINED DRAGON

I am calm, focused,  
and in control.  
My dragon is balanced  
and helps me every day.



### I might:

- Feel calm, focused, and ready.
- Make good choices.
- Use my tools and stay on track.

### My dragon helps me:



Stay calm in my body



Focus and get things done



Feel proud and confident

## FIRE DRAGON

I am overwhelmed  
or out of control.  
My dragon is fired up  
and gives me  
too many signals.



### I might:

- Feel angry, scared, or out of control.
- Have a hard time thinking clearly.
- React or say things I don't mean.

### My dragon needs:



Calm down my body



Safe space + tools



Help to reset



I am a dragon trainer.

I notice how I feel,  
use my tools, and  
help my dragon  
every day!

### ★ I CAN USE MY TOOLS ★



Breathe



Move



Push



Wall Sit



Drink



Calm



Dragon Den

### Dragon Den

My quiet, dark  
safe space  
to reset and  
use my tools.



# ★ DRAGON TRAINING ★ HAPPENS AT HOME AND SCHOOL!

I can train my dragon anywhere—at home, at school,  
and anywhere in between!  
I can use special dragon training tools to help my dragon  
so it can help me!

## ⇒ MY DRAGON CAN LOOK DIFFERENT BASED ON HOW I FEEL: ⇐

### BLUE DRAGON

is my sleepy dragon.



When I'm tired, shut down,  
or don't have any energy,  
my blue dragon goes to sleep.  
It gives me no signals.

It can make it hard to:

- ✗ Start something
- ✗ Stay awake or alert
- ✗ Want to do anything

### GREEN DRAGON

is my just right dragon.



When I feel calm, focused,  
and in control, my green dragon  
helps me every day!

It helps me:

- ✓ Learn and concentrate
- ✓ Make good choices
- ✓ Feel calm and in control
- ✓ Get things done

### RED DRAGON

is my fired up dragon.



When I feel upset, overwhelmed,  
or my body is on high alert,  
my red dragon roars a lot  
and gives me *too many* signals.

It can make it hard to:

- ✗ Think clearly
- ✗ Stay calm
- ✗ Control my body and feelings

## ⇒ I CAN TRAIN MY DRAGON TO HELP ME! ⇐

### DRAGON TRAINING TOOLS



**BREATHE**  
Helps calm  
my body.



**MOVE**  
Helps release  
energy.



**PUSH**  
Helps get  
extra energy  
out safely.



**WALL SIT**  
Helps build  
strength and  
stay calm.



**DRINK**  
Helps my body  
stay healthy  
and strong.



**CALM**  
Helps me reset  
and feel  
peaceful.



When I practice  
my tools, I help  
my dragon become  
strong and ready  
to help me!

## ⇒ I CANSELF-MONITOR AND HELP MY DRAGON! ⇐

I can check in with myself:

- ✓ How does my body feel?
- ✓ What is my dragon doing?
- ✓ Do I need a tool?
- ✓ What will help me right now?



Is my dragon  
sleepy, just right,  
or fired up?



Then I can:

- ✓ Use a tool to help my dragon
- ✓ Go to my Dragon Den
- ✓ Take a break
- ✓ Ask for help if I need it



I am the trainer. My dragon is my partner.  
I train every day so my dragon can help me be my best!



# What is the **SIZE** of my **PROBLEM?**

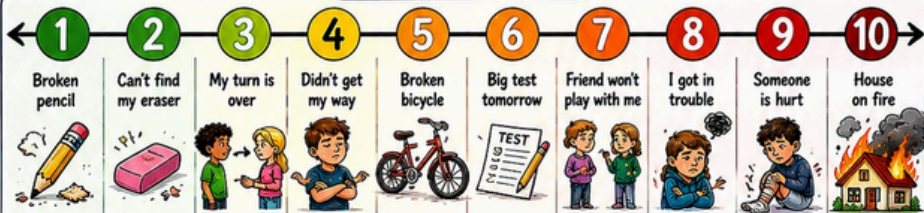


When my emotions feel too **BIG**, I can **pause**, check the **SIZE**, and choose what helps.

Not every problem is a 10!



## Problem Size Scale



### 1-2 LITTLE PROBLEMS

- Easy to fix
- Not a big deal
- I can handle it



### 3-4 MEDIUM PROBLEMS

- A little tough
- I might need help or a tool
- I can work through it



### 5-7 BIG PROBLEMS

- Really hard
- My feelings are strong
- I need tools and support



### 8-10 HUGE PROBLEMS

- Overwhelming
- I need help from an adult right away
- Safety comes first



## Match the Problem Size to the Right Response

1-2

Fix it myself.



3-4

Use a simple tool or ask a friend.



5-7

Use my tools, take a break, or get support.



8-9

Get help from an adult.



10

Safety first!  
Get help immediately.



All problems are real. All feelings are okay. ❤️

I can **pause**. I can **check** the size. I can **choose** what helps.

# SELF-MONITORING

Check In. Tune In. Choose What Helps.



**TOO MUCH**  
(OVERWHELMED)



**JUST RIGHT**  
(IN CONTROL)



**TOO LITTLE**  
(UNDERSTIMULATED)

Self-monitoring is knowing how I feel inside my body and brain. It helps me understand my signals, **know when I need a tool**, and **try tools** that help me feel and function my best.

When I self-monitor, I check in with my body and brain so I can choose the right tools and make better choices!



## BODY SCAN: HOW AM I FEELING RIGHT NOW?

Check in with each part of your body.  
Notice what you feel.



### HEAD

- Headache?
- Tight or heavy?
- Scattered thoughts?
- Hard to focus?



### EYES

- Tired?
- Dry or burning?
- Hard to focus?
- Need a break?



### EARS

- Too loud?
- Sensitive to sound?
- Not listening?
- Distracted?



### MOUTH / THROAT

- Dry?
- Need a drink?
- Talking too much?
- Holding back words?



### CHEST

- Fast or racing heart?
- Tight or heavy?
- Shallow breathing?
- Anxious or angry?



### STOMACH

- Hungry?
- Nauseous or upset?
- Butterflies?
- Need the bathroom?



### LEGS TO FEET

- Restless?
- Tense or tight?
- Need to move?
- Want to run, stretch, or jump?



## CHECK IN & CHOOSE TOOLS

After my body scan, I decide what I need and try tools that help.



### If I feel RED (too much)

- I need to calm down.
- I can breathe.
- I can move.
- I can take a break.
- I can use tools to feel safe.



### If I feel GREEN (just right)

- I stay focused.
- I keep going.
- I make good choices.
- I help others.



### If I feel BLUE (too little)

- I need more input.
- I can move my body.
- I can get a drink or snack.
- I can try a new strategy.

## WHAT'S MY ZONE RIGHT NOW?

Circle the zone that matches how you feel most right now.

### RED

**TOO MUCH**

Overwhelmed, angry, frustrated, out of control.



### GREEN

**JUST RIGHT**

Calm, focused, in control.



### BLUE

**TOO LITTLE**

Tired, bored, low energy, not focused.



## I CAN CHOOSE TO...

- ✓ Notice how I feel.
- ✓ Understand why.
- ✓ Choose tools that help.
- ✓ Try again if I need to.



**I'VE GOT THIS!**

## REMEMBER:

- ✓ My body gives me information.
- ✓ All feelings are okay.
- ✓ I can pause and check in any time.
- ✓ The more I practice, the better I get!



## TOOLS I MIGHT CHOOSE



MOVE MY BODY



DRINK WATER



TAKE A BREAK



DRAW OR WRITE MY FEELINGS



BREATHE SLOWLY



TALK TO SOMEONE

## MY PLAN

Tools that help me most:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

★ I will use these when I need to.

♥ I AM IN CHARGE OF ME. ★ I CHECK IN. ♡ I CHOOSE WHAT HELPS. ☆ I CAN DO HARD THINGS.

# ★ STRATEGIES THAT HELP TRAIN DRAGONS ★

It often doesn't matter what strategy or tool you use—  
but you will know which one your dragon responds to!

★ **THE MOST IMPORTANT THING:** ★  
**BE AWARE THAT YOU NEED A TOOL!** ★

## ★ SLEEPY DRAGON ★

My dragon gets sleepy, slow,  
or shuts down.

These help wake my dragon up  
gently and give it energy.

Z  
Z  
Z



-  Move my body
-  Get some light
-  Take a deep breath
-  Chew gum or have a snack
-  Listen to upbeat music
-  Drink water
-  Stretch

## ★ FIRE DRAGON ★

My dragon gets overwhelmed,  
angry, or out of control.

These help calm my dragon down  
and cool the flames.

-  Take slow breaths
-  Use a calm space
- 123**  Count or name things
-  Listen to calm music
-  Squeeze something
-  Write or draw
-  Take a break



Try different strategies and tools. Notice what helps most.

⇒ Your dragon will show you what works best! ⇐



## ★ MY TOOLBOX ★



Move  
my body



Get  
light



Breathe  
deeply



Drink  
water



Calm or  
upbeat music



Write or  
draw



Use something  
comfortable



Take a  
break



Talk to  
someone

## ⇒ I CHOOSE MY STRATEGY ⇐

I check in with my dragon  
and pick a tool.



## ⇒ I NOTICE IF IT WORKS ⇐

I see how my dragon responds.  
I keep going, try again, or try something else.



It's working!  
I feel better.



It's kind of  
helping.



It's not working.  
I'll try something  
different.

## ★ REMEMBER:

- ✓ All dragons have tough moments.
- ✓ Tools help my dragon learn to stay calm and strong.
- ✓ Practice helps my dragon get better every day!



## ★ I AM A DRAGON TRAINER



I notice the signs.  
I use my tools.  
I help my dragon  
feel its best!

**WE'VE GOT THIS!**

## DRAGON DEN

My quiet,  
safe space  
helps my dragon  
reset and  
get ready  
to try again.



★ BE AWARE. USE A TOOL. PRACTICE. MY DRAGON CAN GROW! ★

# ★ TIME TO TRAIN! ★

Every great trainer knows when to use a tool to help their dragon!

My family can see my dragon changing colors and they help me.



I feel it all on my own. I want to use a tool to help train my dragon.



OR

I can pick a tool that helps me:

BREATHE



MOVE



PUSH



WALL SIT



DRINK



CALM



Dragon training is important work. It takes focus, courage, and practice.



I am a serious trainer. I take care of my body and my brain.



I have what it takes to train my dragon! I can do hard things!



I've got this!



★ SELF HUG ★



I give myself a hug.  
I am safe. I am okay.

How do I feel after?



★ HELPER SQUISHES  
STANDING ★



Deep pressure on my shoulders  
helps my body feel calm.

How do I feel after?



★ HELPER SQUISHES  
SITTING ★



Deep pressure on my shoulders  
helps my body feel calm.

How do I feel after?



★ TWO FINGERS DOWN  
MY SPINE ★



Two fingers down my spine  
helps me feel calm and grounded.

How do I feel after?



★ STANDING  
TO WORK ★



I can stand tall  
and get my work done.

How do I feel after?



★ LYING ON STOMACH  
TO WORK ★



Lying down helps my body  
stay calm while I work.

How do I feel after?



★ CHAIR PUSH-UP ★



I push down and lift up.  
I am strong!

How do I feel after?



★ WALL PUSH-UP ★



I push the wall.  
It helps my body stay calm.

How do I feel after?



★ DRINKING WATER ★



Water helps my body  
and brain feel better.

How do I feel after?



★ SITTING ON  
A CUSHION ★



Sitting on a cushion (yoga ball)  
helps me stay focused.

How do I feel after?



★ EVERYONE CAN TRAIN THEIR DRAGON TO BE A HELPER! ★

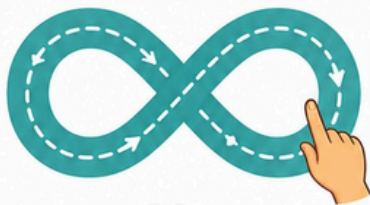
♥ I can notice how I feel, choose helpful tools,  
and get back to green. ♥



# BREATHING TECHNIQUES

## INFINITY BREATHING

I trace the infinity sign with my finger.  
I breathe in and out.



## TENSE/RELAX BREATHING

I tense my muscles as I breathe in.  
I relax my body as I breathe out.



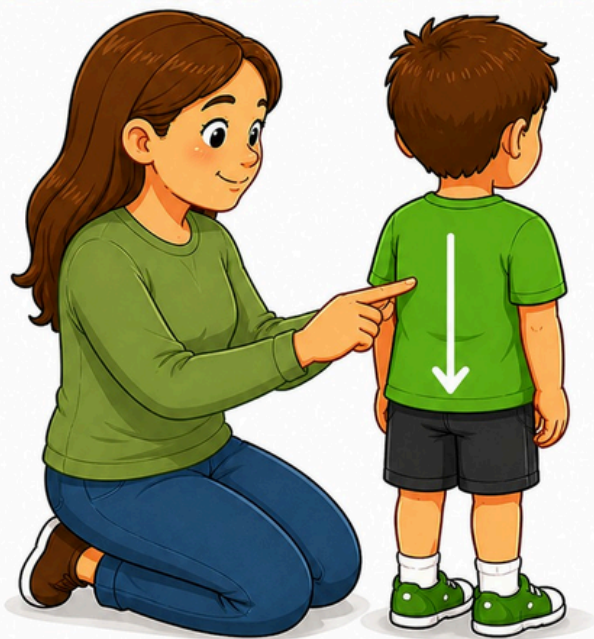
Breathe in...  
Tense my body.

Breathe out...  
Relax my body.

How do I feel after?



# ★ TWO FINGERS DOWN MY SPINE ★



Two fingers down my spine  
helps me feel grounded.

How do I feel after?



# ★ DRINK WATER ★

Water helps my body and brain work their best!



When I drink water, it helps me:



Think more clearly



Have more energy



Stay calm and in control



Keep my body healthy



Train my dragon!



I take a drink when I feel: tired, frustrated, unfocused, or need a reset.



I keep my water with me so I can take a drink when my body and brain need it.



How do I feel after I drink water?



# ★ SIT, FOCUS, LEARN! ★

Sometimes a different seat helps my body  
stay calm so my brain can focus!

I can sit on a squishy cushion  
in my chair.

I can sit on a ball.



This helps me:

- Focus better
- Stay on task
- Feel calm in my body
- Get my work done



This helps me:

- Focus better
- Use extra energy
- Feel calm in my body
- Get my work done



Everyone's body is different!  
I can choose the seat that helps me learn my best.



When I use these seats:



I take care of my body.



I take deep breaths.



I sit up tall.



I keep my eyes on my work.



I train my dragon!

Great trainers know how to take care of their body and brain!



I have control.  
I choose what helps my body and brain learn.



I am a serious trainer.  
I have what it takes!

How do I feel in my seat?



I feel good!  
I can learn!

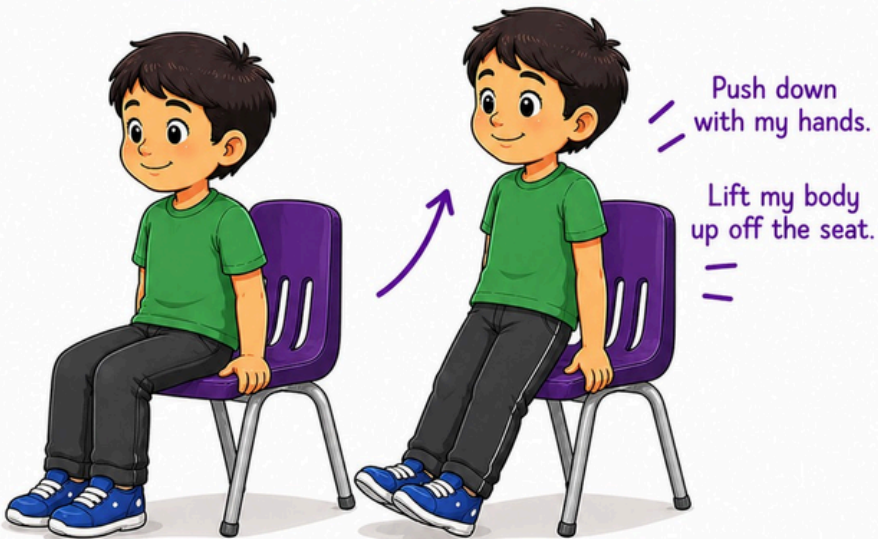


I'm okay.  
I can try something else.



This is hard.  
I need a different choice.

# ★ CHAIR PUSH-UP ★

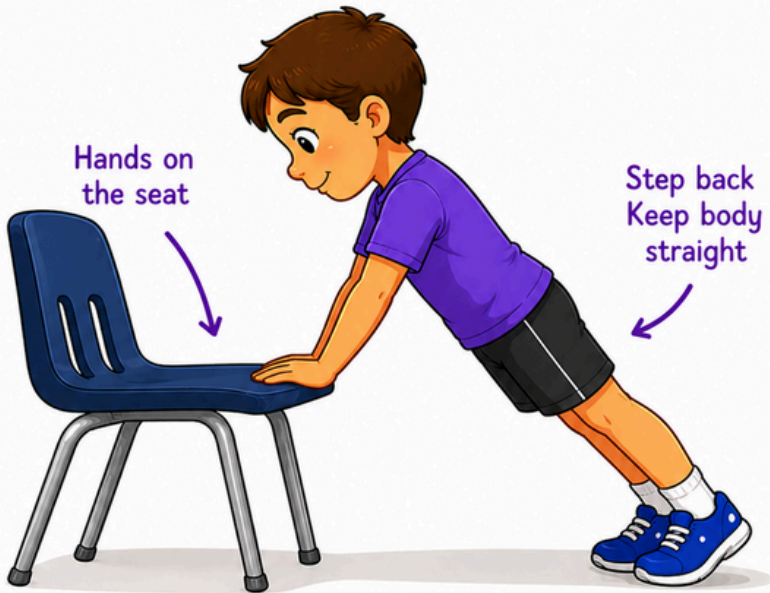


I push down on the chair  
and lift my body up.  
It helps make me strong!

How do I feel after?



# ★ CHAIR PUSH-UP ★



I push on the chair.  
It helps my body strong and steady.

---

How do I feel after?



# ★ SELF HUG ★



I give myself a hug.  
I am safe. I am okay.

---

**How do I feel after?**



# ★ STANDING TO WORK ★



I can stand tall  
and get my work done.

-----  
**How do I feel after?**





# WALL PUSH-UP



I push the wall.  
It helps my body stay calm.

How do I feel after?

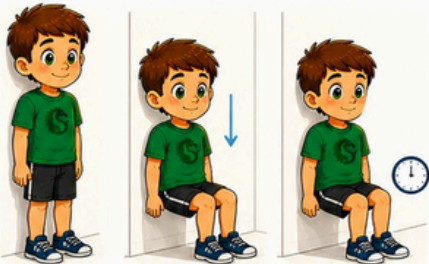


# ★ STRONG BODY, CALM MIND! ★

Wall sits and squats help my body get strong  
and my brain stay calm and focused!

## I CAN DO A WALL SIT

A wall sit helps me build strength, stay calm, and feel in control.



Hold for 10 seconds.

- 1 Stand with my back against the wall.
- 2 Slowly slide down until my knees are bent.
- 3 Keep my back and head against the wall.
- 4 Hold and take deep breaths.
- 5 Slide back up when I'm ready.

## I CAN DO A SQUAT

Squats help my body get strong so I can do hard things!



- 1 Stand tall.
- 2 Bend my knees and lower down.
- 3 Push through my feet and stand back up.

### WHY THESE HELP ME:



They build strong muscles.



They help me focus and calm my brain.



They give me confidence and self-control.



They help me handle big feelings.

## ★ I CAN USE THESE WHEN: ★



I feel wiggly or restless.



I feel angry or frustrated.



I need a break.



I want to get back on track.



I want to feel strong and confident!

## ★ I AM A STRONG TRAINER! ★



I have control.  
I choose what helps my body and brain.



I am a serious trainer.  
I have what it takes!



How do I feel after I try a wall sit or squat?



Better!



Okay.



Still need something else.

# LIE ON MY STOMACH TO WORK

Sometimes my body needs a different position so my brain can focus and learn!



This helps me:



Focus better



Stay on task



Feel calm in my body



Get my work done

When I lie on my stomach:

- ✓ My body is calm and still.
- ✓ My hands are free to write and work.
- ✓ My brain can focus on what I need to learn.
- ✓ I can take deep breaths and train my dragon.



I can do this in class or in my Dragon Den.

In class



I can still see, hear, and learn!

In my Dragon Den



My safe space helps me do my best!



I have control.  
I choose what helps my body and brain learn.



I am a serious trainer.  
I have what it takes!



How do I feel when I lie on my stomach to work?



# ★ MY DRAGON DEN ★

I have a safe, cozy space at home where I can use my tools.



It's okay to take a break. Your Dragon Den is here when you need it.



I can see what is happening.



I can listen to my body.



I can choose how much input I need.



My brain can recover, so I can learn.



I use my tools in my Dragon Den to help my body and brain.



I am in control.  
I can calm, focus, and be ready to learn.



My Dragon Den is another way I train my dragon when things feel really tough.



## How do I feel after?



Calmer and ready



Better, but still working on it



Still tough, I need more help



It's okay to use my Dragon Den! It helps me grow strong.



# ★ MY DRAGON DEN ★

I have a safe space in the classroom  
where I can use my tools.



I can see  
and hear.



I can see what is  
happening.



I can listen to  
my teacher.



I can choose how much  
input I need.



My brain can recover,  
so I can learn.



I use my tools in my Dragon Den  
to help my body and brain.



I am in control.  
I can calm, focus, and be ready to learn.

How do I feel after?



# I AM A STRONG DRAGON TRAINER!

There are many tools I can use;  
the more I train my dragon, the more tools I will discover!

Training my dragon every day helps me:



Feel calm in my body.



Handle big feelings.



Make good choices.



Stay focused and on track.



Take care of my body and brain.



I keep training and discovering new tools!



My tool idea:

My tool idea:

My tool idea:

My tool idea:



I am learning what helps my body and brain!

I have control. I choose what helps my body and brain. I have what it takes!



How do I feel after?



I feel good!



I'm okay.



This was hard. I need more practice.






# MASTER DRAGON TRAINING CERTIFICATE

This certifies that

\_\_\_\_\_ has learned important tools  
and is a

**MASTER DRAGON TRAINER!**

I have learned to:

-  Take care of my body and brain.
-  Use tools to calm down and stay in control.
-  Make good choices.
-  Keep practicing, even when it's hard.
-  Be brave, strong, and kind.



I EARNED THIS CERTIFICATE BECAUSE I AM: ≡



STRONG



FOCUSED



KIND



BRAVE



DETERMINED



**MY DRAGON IS PROUD OF ME!**

I will keep training my dragon every day!



\_\_\_\_\_  
Trainer's Signature

\_\_\_\_\_  
Date