

Parent & Caretaker Guide

Mr. Gumball's Busy Mind

Welcome

Mr. Gumball's Busy Mind is a simple and playful way to help children understand what's happening inside them. Throughout the day, children experience many "gumballs" - thoughts, feelings, ideas, questions, and memories.

Sometimes, those gumballs can build up and feel overwhelming.

This guide introduces a gentle way to help your child slow down, process those feelings, and find calm within themselves. This resource is designed for social-emotional learning and educational purposes and is not a substitute for professional mental health care.

What Your Child Learned

Students learned to:

- Recognize that thoughts and feelings come and go
- Developed awareness of internal experiences
- Practiced calming techniques through breath and imagination
- Developed simple tools for self-regulation

Core Method: The Heart Handle Technique

Students are guided through a simple 4-step process:

1. Notice a thought or feeling ("gumball")
2. Pause and take a slow breath
3. Imagine turning the heart handle
4. Let the thought or feeling gently pass



Try it at Home (Simple Practice)

You can support your child with this quick 1-2 minute practice:

1. Ask: "What gumballs are in your head right now?"
2. Pause together - Take one slow breath
3. Choose one - "Let's pick just one to look at"
4. Turn the heart handle- Have them place their hand on their heart
Take a slow breath in... and out...
5. Let it go - "Can we let that one go for now?"

Keep It Light

There's no need to fix everything.

The goal is not to make feelings disappear

The goal is to help your child feel safe noticing them

Even one small moment of pause can make a big difference

A Simple Reminder

Your child is learning something powerful: "I am not controlled by my thoughts."

I can notice them, feel them, and let them go."

And with practice... They begin to discover that

calm is something they can find within themselves.

