

Tembo's After the Rumble Kit

Simple tools to calm, reconnect, repair, and try again.



A printable activity kit by Sprig

After the Rumble

Big feelings happen. After we calm down, we can reconnect, repair, and try again.

1 Calm



Take a breath. Let your body settle.

2 Talk



Say what happened and how you felt.

3 Repair



Help make things better.

4 Try Again



Think of one small thing to try next time.

Which step do you want to practice today?

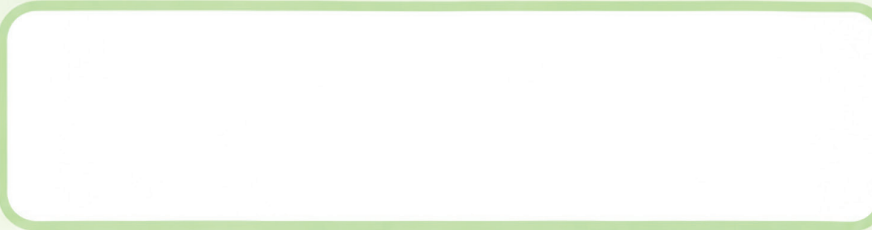
What Happened After My Rumble?

When everyone is calm, we can think about what happened.

1

What happened?

Draw or write what happened.



2

How did I feel?

Circle how you felt. You can choose more than one.



I felt _____.

3

What did my body do?

Draw or write about what you noticed in your body.

my voice...

my hands...

my feet...



How Was Everyone Feeling?

After a rumble, big feelings can happen for everyone.

Me



Right now I feel...



Sad Upset Worried Okay

They felt _____.

My grown-up



They might feel...



Sad Upset Worried Okay

They felt _____.

My friend / sibling



They might feel...



Sad Upset Worried Okay

They felt _____.

What helps people feel better after a rumble?

Did Someone or Something Need Repair?

Sometimes after a rumble, we need to help make things better.

1

Someone's feelings



Did this need repair? ☐ Yes ☐ No

2

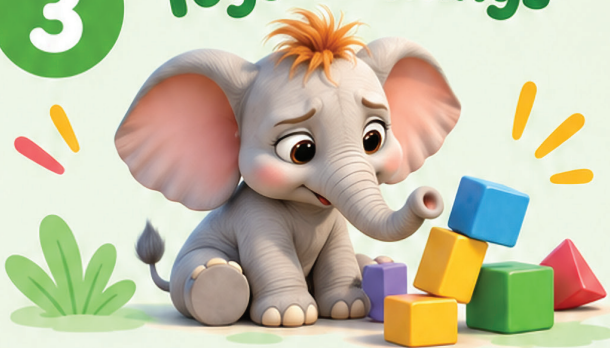
Someone's body



Did this need repair? ☐ Yes ☐ No

3

Toys or things



Did this need repair? ☐ Yes ☐ No

4

The space



Did this need repair? ☐ Yes ☐ No

What needed repair after your rumble?

Ways to Make It Better

Circle the repair ideas you want to practice.

1

Check on
someone



2

Say sorry
when ready



3

Help
clean up



4

Rebuild or
fix it



5

Give
space



6

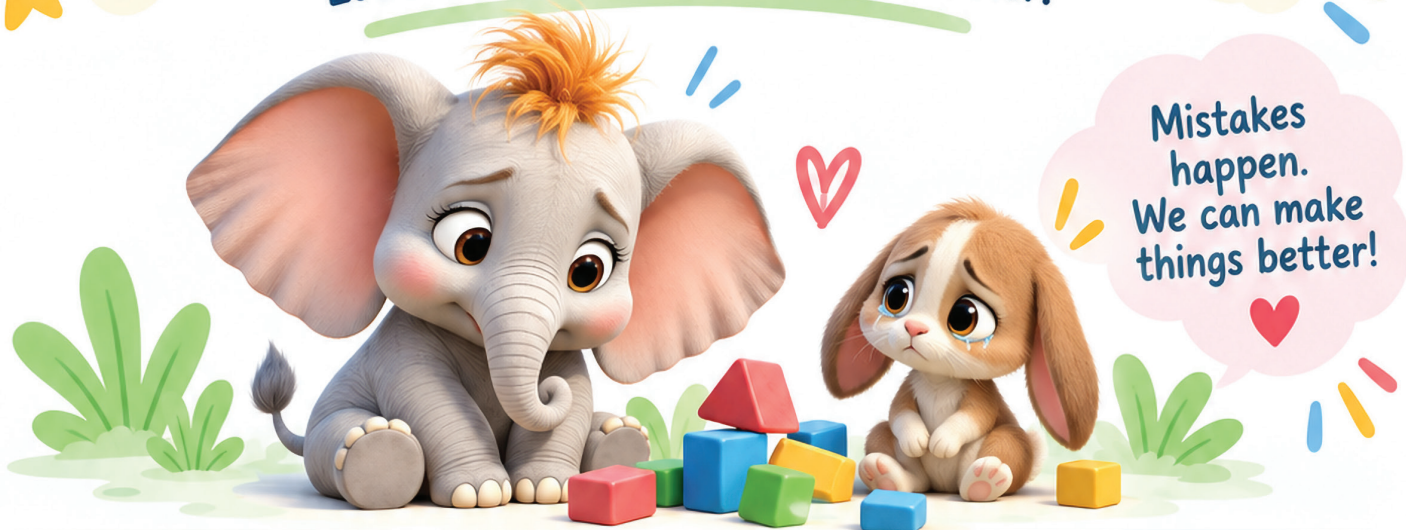
Ask,
"How can I help?"



My other repair idea is...

What Can Tembo Do Next?

Let's help Tembo make things better.



1 What happened?



The tower fell ☐



Tembo yelled ☐



Bunny felt sad ☐

My idea:

2 Which repair choice could help?



Check on bunny ☐



Help rebuild ☐



Say sorry when ready ☐



Ask, "How can I help?" ☐

3 What could Tembo try next time?



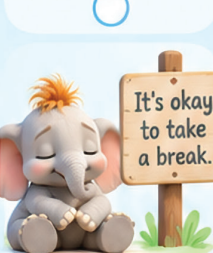
Take a breath ☐



Ask for help ☐



Use calm words ☐



Take a break ☐

What would YOU choose?

My Do-Over Plan

I can have a plan for the next time I have a big rumble.

1 When _____ happens,

2 I feel _____.

3 My body does _____.

4 A repair idea I can use is _____.

5 If I still feel stuck, I can _____.

6 Next time after a rumble, I will try...

I can
make things
better!



Tembo's After the Rumble Coloring Page

Big feelings happen. We can make things better.



We tried
again!

I can help make things better!