

Tembo's Big Feelings Activity Pack

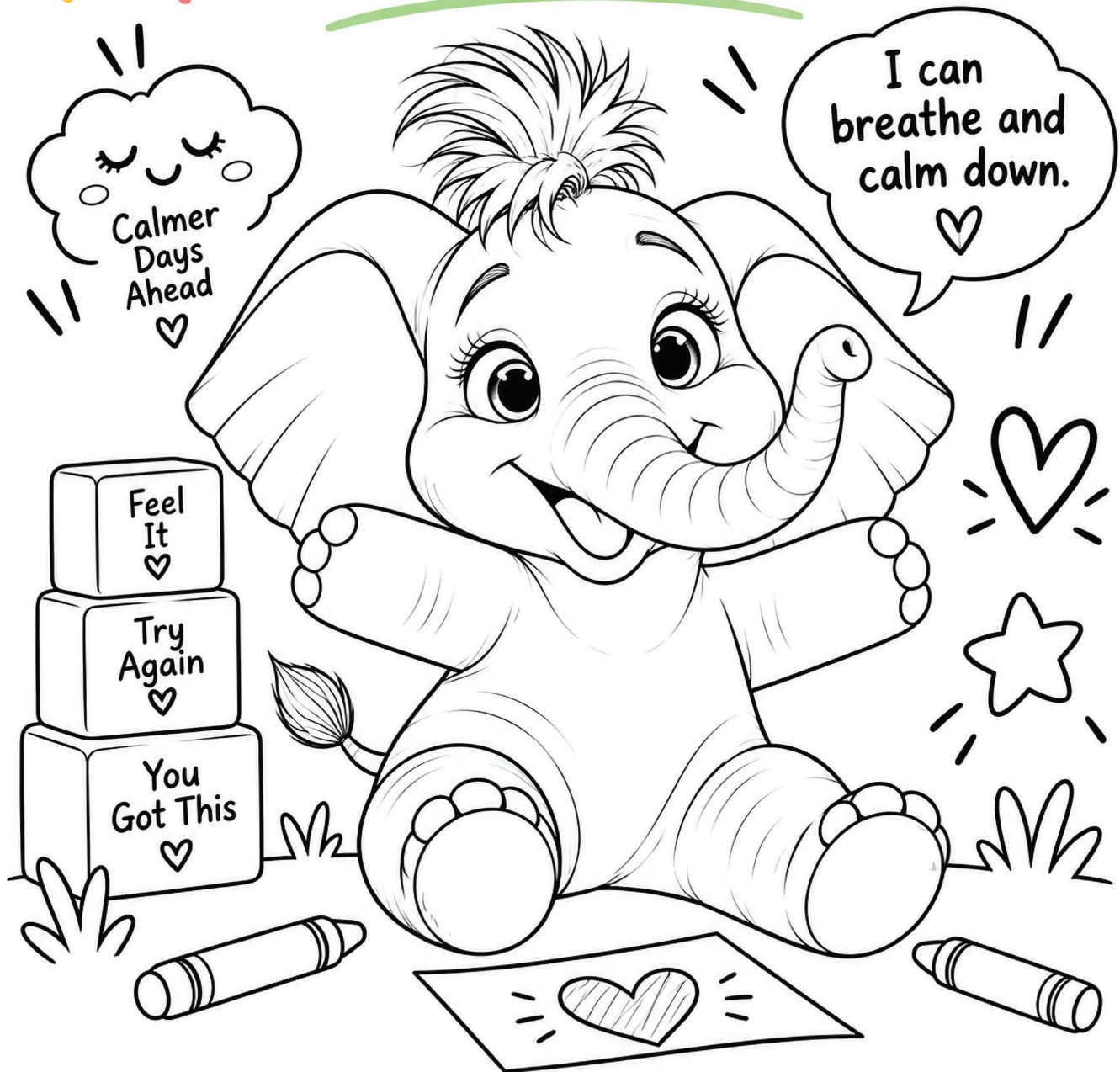
Fun puzzles and games for anger, calming,
trying again, and repair.



Small steps. Brighter days.

Tembo's Big Feelings Coloring Page

Color Tembo and his calm tools.



♥ Big feelings. Brighter days. ♥

Connect the Numbers

Join the dots to make a picture, then color it in!

Here's a finished picture!



You
can do it!



Small steps. Brighter days.



Match the Feelings

Draw a line to match each feeling word to Tembo's face.



• Calm ★



• Upset //



• Angry //



• Frustrated //

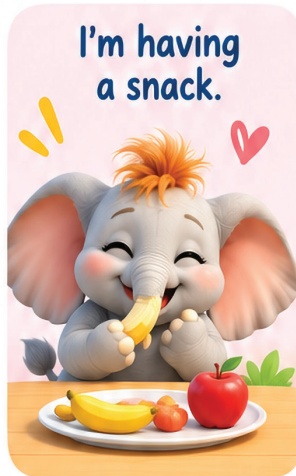
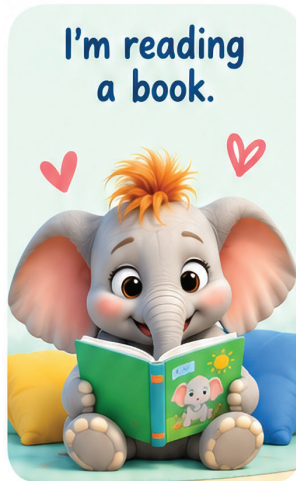
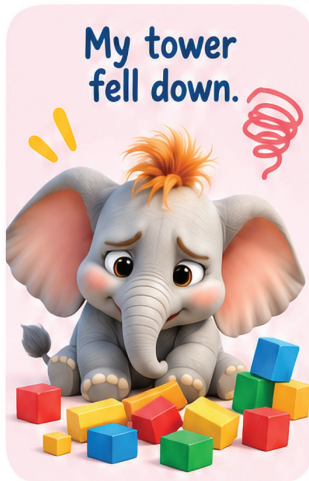


• Sad ♥



What Makes Tembo Rumble?

Circle the things that could make Tembo feel angry or frustrated.



Draw your own rumble trigger.



Match the Trigger to the Helpful Tool

Draw lines to match each hard moment to a helpful choice.

When this happens...

I lost a game.



I had to stop playing.



My tower fell down.



A friend grabbed a toy.



Try this helpful tool...

Take a break.



Ask for help.



Use calm words.



Take a breath.



Help Tembo Find the Calm Path

Can you help Tembo get to the calm corner?

Big Rumbles Here!



Take a deep breath...



You Can Do It!



Calm Corner!



Small steps. Brighter days.

Find the Helpful Words

Circle the words that help big feelings.

Big feelings can get smaller with helpful words!

calm

breathe

hurt

yell

help

pause

throw

kind

try again

hit

repair

talk

shout

care



Can you say one helpful word out loud?

Tembo's Try Again Order Game

Write the numbers 1-4 to put the steps in order.



What would you say to Tembo?



Ways to Make It Better

Draw a line to match each situation with the best repair idea.

Situations

1

You took a toy without asking.



2

You hurt someone's feelings with your words.



3

You made a mess.



4

Your friend needs some quiet time.



A

Ask, "How can I help?" and clean up.



B

Give space and let them rest.



C

Say sorry when ready.



D

Return it and ask, "Can I play too?"



Something I want to remember is...