

Parent Quick Card: During a Rumble

Big feelings are hard. You can help.



1



See it

"You're really angry."



2



Say why

"You wanted to keep playing."



3



Stay

"I'm here."



4



Settle

"Want to stomp, squeeze, or breathe?"



5



Solve later

"When you're calm, we'll figure out what to do next."



Connect first. Teach later.



SPRiG