

Tembo's Rumble Kit

Fun tools to understand big feelings
and make safe choices.



A printable activity kit by Sprig

Meet Your Rumble

Everyone gets angry sometimes. Tembo calls that feeling a rumble.



1

A rumble can start small.

2

A rumble can grow BIG.

3

The trick is learning what to do with it.



Can you think of a time when **YOU** had a big rumble?

.....

.....

Tembo's Rumble Meter

Big feelings can grow. Where is your rumble right now?

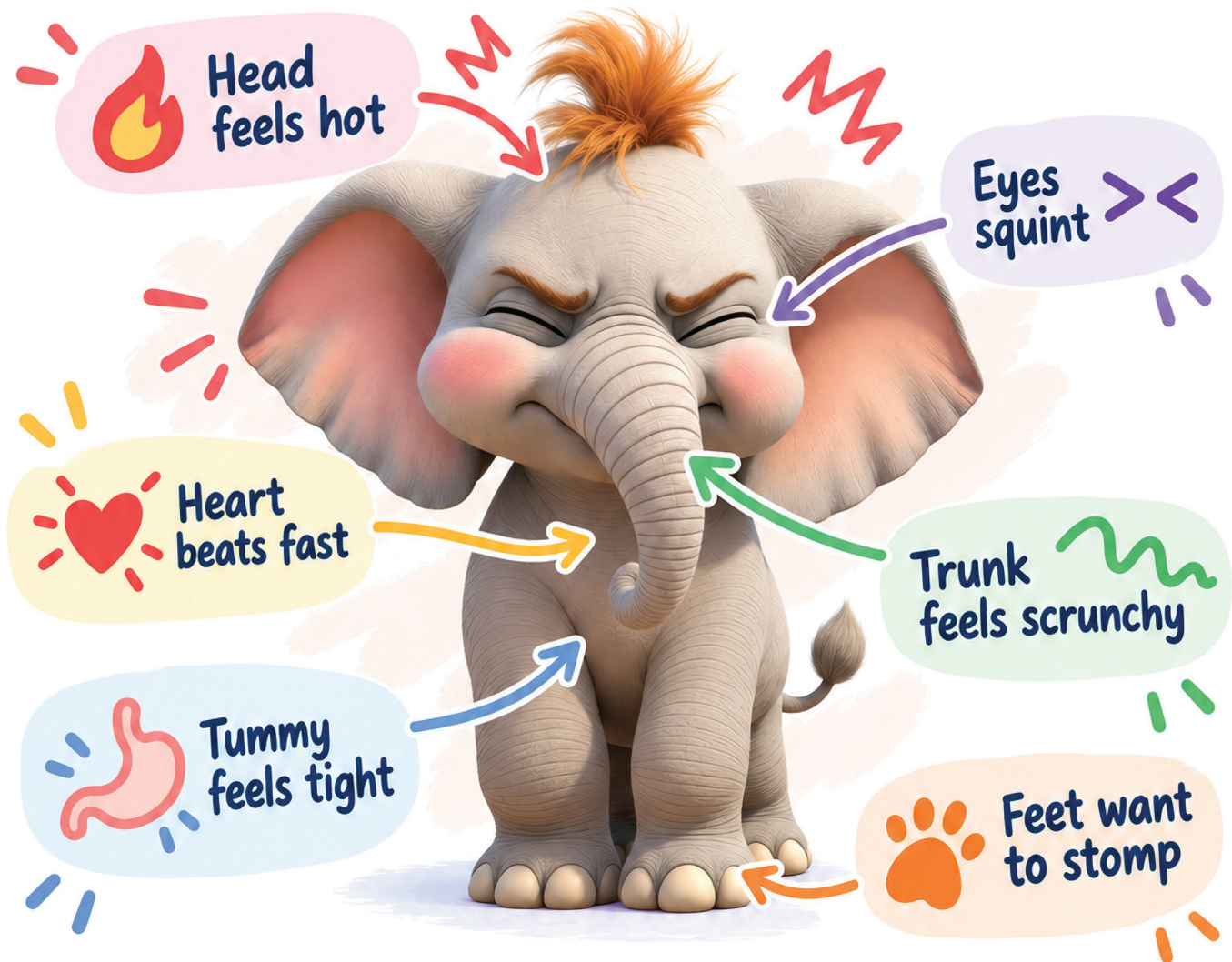
1		Quiet My body feels calm	
2		Bothered Something doesn't feel right	
3		Frustrated My rumble is growing	
4		Angry My body wants to explode	
5		Furious I need help calming my body	

Circle the number that matches your rumble today:

Where Do You Feel Your Rumble?

Our bodies give us clues. Color or circle where you feel your rumble.



What does **YOUR** body do when you feel a rumble?

What Makes You Rumble?

Circle the things that can start your rumble.



Something broke



I had to stop playing



Someone took something



I lost



I was tired or hungry



It felt too loud or too much



My other rumble trigger:

Big feelings often start with something.

Choose Your Rumble Reset

When your rumble starts growing, pick a way to help your body calm down.



Ask for help
It's okay to
get support.



Elephant breaths
Breathe in. Breathe out.



Squeeze & release
Make tight fists,
then let go.



Water reset
Take a sip
of water.



Hug something soft
Give a squeeze.



Stomp 10 times
Use your big
strong feet!

Circle 2 resets you
want to try this week.



What Can Tembo Do Next?

Big feelings first. Problem-solving next.



Tembo built a tower.
It fell down. A big rumble started.

1. What is Tembo feeling?

☐ frustrated

☐ angry

☐ sad

☐ upset

2. Which rumble reset could help?

Circle one or two.



☐ elephant breaths



☐ squeeze & release



☐ ask for help



☐ stomp 10 times

3. When Tembo feels calmer, what could he do next?

You can write, draw, or choose!



☐ rebuild



☐ ask for help



☐ take a break



☐ use words

Blank space for writing, drawing, or choosing.

There is no single perfect answer. Tembo can practice.

My Rumble Reflection



Take your time. Think about what your rumble feels like for YOU.

Something that makes me rumble is...

Blank space for drawing or writing.

Draw your rumble face here!



When I have a rumble, my body...

Blank space for writing.

My hands and feet...

Blank space for writing.

My tummy or chest...

Blank space for writing.

My voice...

Blank space for writing.

When I rumble, I might need...

- ☐ some space
- ☐ a hug
- ☐ help

- ☐ water
- ☐ elephant breaths
- ☐ stomps

When I rumble, something that helps me feel better is...

Blank space for writing.



My Rumble Promise

It is okay to feel angry. I can choose what to do next.

Pause
Breathe
Choose
You got this!



I can have
big feelings
and make
safe choices.



Brave
Choices
Make a
Kinder Day



Next time I feel a rumble, I will try...

My two reset choices are...



My first choice



My second choice

I can say...



"I need help."
"I need space."
"I am angry."
(or write your own!)



My grown-up can help by...

My name: _____

Grown-up name: _____



Grown-ups: add a star or sticker when your child practices their plan.



Tembo Coloring Page

Color Tembo and the things that help your rumble.



Big feelings are okay. Safe choices help.



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Tembo's Rumble Cards

Cut out the cards and use them when big feelings show up.



Elephant Breaths

Breathe in.
Breathe out.



Squeeze & Release

Make tight fists,
then let go.



Stomp It Out

Use your big
strong feet!



Drink Water

Take a sip
of water.



Ask for Help

It's okay to
get support.



Take Space

Find a quiet
spot.



Use Calm Words

Take a deep breath
and choose kind
words.



Get a Hug

Give or get
a hug from
someone you trust.



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