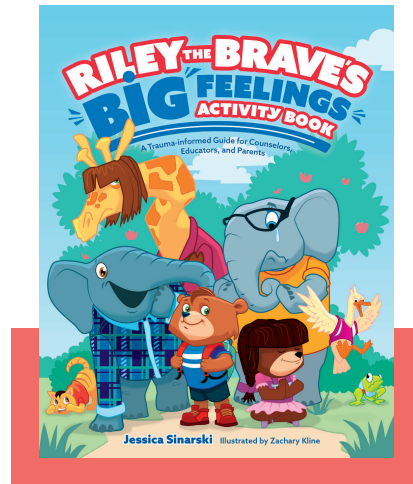


I HAD A

Moment



Fill up your trauma-sensitive toolbox  
with more goodies like this in  
*Riley the Brave's Big Feelings Activity Book!*



**JESSICA  
SINARSKI**

TRUST ● HEAL ● GROW



# TIPS FOR USE



## Take some time to reflect!

- Think about a moment that brought up big feelings.
- Use the key to determine what kind of moment it was, then follow the prompts to go deeper.
- Practicing these skills when we are calm helps us use the skills when we are stressed.



# I HAD A



BRAVE CUB



PORCUPINE



SQUIRREL



TIGER



CHAMELEON



TURTLE

# MOMENT

When we are feeling upset or unsafe, we need our upstairs brain to help so our downstairs brain doesn't take over everything!

Think of a tough part of your day or week.  
What part of your brain was running the show?

## Here's what happened...

(write or draw pictures)

I was feeling \_\_\_\_\_

Next time I can \_\_\_\_\_


# KEY



I am “Brave like a Cub” when I...

- Keep my body calm
- Enjoy relationships
- Find my happy feelings
- Keep trying my best
- Listen to “safe big critters”
- Cooperate
- Share
- Help others
- Try new things
- Am a good friend
- Exercise my self-control muscles
- Pay attention to my teacher
- Use my kind voice & words
- Bounce back from rough moments
- Work independently & ask for help when I need it




I’m having a  **PORCUPINE moment** when I’m grumpy, prickly toward others, or stuck in my negative thoughts.



I’m having a **SQUIRREL moment** when I don’t want to share, take other people’s things, or want everything for myself.



I’m having a **TIGER moment** when I hurt  people or damage things, act big & scary, or use loud, mean words.



 I’m having a **CHAMELEON moment** when I try to blend in too much, copy others, or don’t let people say nice things about me.



I’m having a **TURTLE moment** when it's tough to talk, I hide away, or I have a hard time letting someone help me.





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